

# THE SCIENCE OF FACE READING: A PRACTITIONER'S GUIDE TO MORPHOLOGY

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I have been applying the system of morphology for medical purposes for more than two decades. I have found it both beneficial and efficient, and here I want to outline its main components, with the hope that it may intrigue other clinicians. In mind–body medicine, we usually consider the mind's influence on the body. In morphology, we consider, in essence, the body's expression of the mind.

## HISTORY

Morphology as a system of diagnosis and therapeutics has been in existence for the past four to ten thousand years. A brief historical overview is useful in identifying the sources of morphology and describing its place in the development of Western medicine.

The earliest depictions of morphology may be found in three sources: the Sphinx, the first book of Ezekiel, and Genesis. The Sphinx is a creature comprised of a face of a man, the body of an ox, the tail of a lion, and the claws of an eagle. In Ezekiel's journey to inner worlds of reality, he discovers a creature with the faces of the four creatures contained in Sphinx -- a man, an ox, a lion, and an eagle. The eagle represents inspiration and rapacity; the lion represents territoriality (king of the jungle) and acquisitiveness; the ox represents stamina and endurance; the man represents knowledge and the realization of all possibilities. Genesis makes a more veiled reference to the same four animal representations when it describes the four rivers that flow from Eden (Euphrates, Pison, Hiddekel, and Gihon).

The four beings or creatures of the Sphinx, and of Ezekiel and Genesis, represent the four flows of life force coursing through the human being: bile (man), lymph (ox), blood (lion), electricity (eagle) mentioned above. These four flows are a shorthand description and depiction of what is known as the four temperaments: bilious (man), lymphatic (ox, later replaced by the bull), sanguine (lion), nervous (eagle). According to morphology, these types are invariable throughout the whole of humanity. There are no more or no less than these four types, and they reflect our inborn traits which we bring into life at birth. We are all, each of us on earth, comprised of differing degrees of all four types.

Morphology gained credence in Greek medicine through the application of what was called "humoral" medicine, the four humors corresponding to the four temperaments -- bilious, lymphatic, sanguine, and nervous.

During the late Middle Ages and into the Renaissance, European medicine was practiced according to morphological and imaginal principles through the predominant medical practice called "complexio" (McMahon, 1976). In this practice the patient was diagnosed according to his/her morphological type, given mental imagery to do with the aim of finding a healing key from an inner source. When the modern alternative allopathic medicine dawned about three hundred fifty to four hundred years ago, it essentially eradicated the traditional medicine of the previous five thousand years, and with it, the morphological system, which was no longer openly taught or used clinically. Instead, it went underground and was taught secretly.

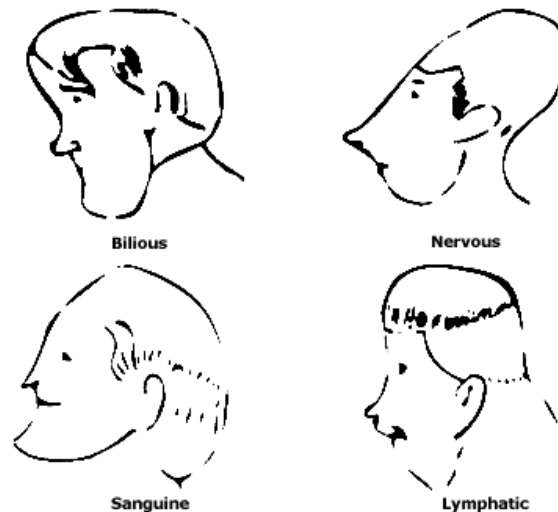
In the eighteenth century, a magnificent morphological manuscript appeared written by a Swiss physician, J. K. Lavater (1775). In it we find many precise morphological renderings and detailed descriptions of morphological types. Lavater's work has been preserved, and in the twentieth century France has become the repository of morphological wisdom. The subject is taught in the French medical school system, as part of the department of anatomy and surgery. There are a number of M.D. morphologists in France who are called in as consultants by other physicians to help determine diagnoses and prognoses in difficult cases. There is an international society of morphopsychology in France, which produces a journal, and morphology is used as the major way of selecting people for employment purposes in France.

I should point out that there are oriental systems of morphology, most notably the Chinese and Indian. They are used in an integrated fashion in Chinese medical diagnosis and in Ayurvedic (Indian) medicine respectively. But neither system is as extensive as that of Western morphology, my concern here.

### THE PROFILES OF TEMPERAMENT, THE FULL FACES OF PERSONALITY

The Western morphological system consists of ten different ways of reading -- that is, ten different characteristic elements that are each read in different facets of the face. Every element constitutes a separate field of inquiry, and each can be a lifetime study. Usually, then, we find that most morphologists focus on one particular area and make it their special area of expertise and understanding. In morphology, it is accepted that any one area penetrated deeply will give all the knowledge necessary, since morphology rests on the holographic principle that the part contains the whole.

In this article, I shall describe the two most fundamental and easily graspable morphological elements -- temperament and personality. I alluded to temperament above in noting the four temperamental/humoral types: bilious, lymphatic, sanguine, and nervous. These types are read by looking at the profile of the person. The profiles look like this:



Morphology holds that these four types, in various combinations, constitute the profiles of all human beings. It holds further that each type has invariable characteristics associated with it. That is, anyone who displays a predominance of one temperamental type (which is easily read after some practice) must have certain behavioral and psychological and physiological characteristics.

In morphology, the only variable is the quality and competency of the morphologist, not the traits associated with a type.




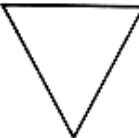
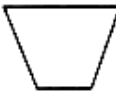

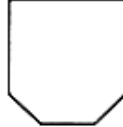


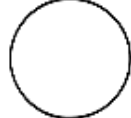
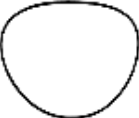

As for the personality types, they are defined by the front shape of the face. According to morphology, there are twelve such shapes, all of geometrical design, that, like the temperamental types, are invariable throughout the world no matter what race.

The word personality means mask, the face we don when we encounter the world around us. In the ancient Greek theater, actors would place a mask several inches in front of their faces and speak their lines into it. That mask is the persona.

Morphology says that the full face – and so the personality – changes every five to seven years, in consequence of its responses to the outer world. On the other hand, the temperament shifts to a far lesser degree as it is not directly exposed (profiles) to the outside elements.

The changes in the face reflect changes in musculature. The muscles can expand or contract according to whether we are moving toward or away from the world. These muscles have their origin in certain bones and points in certain bones of the face. As such, they follow strict, invariable anatomical laws, which, again, morphology holds are indisputable. This is another reason why morphological knowledge is absolute – because it is linked to biological invariance.

The twelve front facial types look thus:

<p><b>Square</b></p>  <p>Eos/Earth</p>	<p><b>Rectangle</b></p>  <p>Aries/Mars</p>	<p><b>Short Triangle</b></p>  <p>Hermes/Mercury</p>	<p><b>Long Triangle</b></p>  <p>Hermes/Mercury</p>
<p><b>Trapezoid</b></p>  <p>Chronos/Saturn</p>	<p><b>Long Trapezoid</b></p>  <p>Uranus</p>	<p><b>Hexagon</b></p>  <p>Pluto</p>	<p><b>Reverse Trapezoid</b></p>  <p>Zeus/Jupiter</p>
<p><b>Oval</b></p>  <p>Apollo/Sun</p>	<p><b>Circle</b></p>  <p>Ios/Moon</p>	<p><b>Lozenge</b></p>  <p>Aphrodite/Venus</p>	<p><b>Oblong</b></p>  <p>Poseidon/Neptune</p>

In modern times we don't see "pure" facial types anymore because of the interconnectedness of people around the world. In the ancient days, certain tribes and cultures shared a predominance of one type through inbreeding and intermarriage. The Greek sculptors carved these pure types and manifested them in/as the gods and goddesses of ancient Greece, later adopted by the ancient Romans. The statues were placed in public view so as to remind the members of the population of the proper proportions and measures that obtained for each particular

type. It was thought that if an individual worked on his or her body and face to attain to the proper proportion for him/herself, then the person would also be in proper proportion emotionally and mentally.

## THE TYPES AND THEIR CHARACTERISTICS

Morphology, as I said, maintains that the characteristics of different types – and so the characteristics associated with different profiles and different full-face shapes – are invariable. Here, I briefly sketch the temperamental and personality types, to indicate the range of information contained in a morphological portrait.

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### FIRST THE TEMPERAMENTAL TYPES:

**The bilious type** is physically characterized by either a pouched or flat forehead on profile view: The mandible usually proceeds straight downward from the ear for a short distance and then runs at an oblique angle sloping downward toward the chin.

The primary characteristics associated with the bilious temperament have to do with the strong-willed nature of the type. The bilious are conquerors, dominant, often domineering, bossy, constructors; they have an active practical intelligence and make things happen. They are indefatigable, need very little sleep, and must do oxygenating activity. When their will is not catered or is thwarted, they tend to become morose and brooding. They acquire gobs of practical worldly information. They require plenty of calcium and vitamin A. They are especially prone to bone injuries, eye and ear problems, gall bladder and liver disturbances, and problems in areas of the body where there is epithelial lining.

**The sanguine type** has a sloping back forehead with a very large mandible that comes straight down from the ear and runs at nearly a 90° angle to the chin. In the sanguine temperament we find someone who can be defined by two words: acquisitive and territorial. The sanguine need to establish an empire and acquire as much as they can. They are optimistic by nature and extroverted. Being muscularly dominant, they are action-oriented, extolling the body. They love body building, aerobic exercise, and body contact sports. They seek to exert their actions as the situation of the immediate present dictates. They tend to be bored easily, and to have short attention spans. They don't make long-range plans. Such activities require more time to be taken than they are willing to give. They learn best by doing, and when they are not active, they literally have no thoughts swirling around. They require aesthetic surroundings and need organized activities throughout their waking day. They require vitamins C and E. They are quite vulnerable to cardiovascular problems, muscle injuries, diseases of the genitals amongst others. (The United States is basically a sanguine society. It is no wonder, then, morphologically speaking, that heart disease is the country's leading causes of disease-induced mortality.)

**The nervous profile** displays a bullet- or cone-shaped head with a receding chin often. The nose can be elongated and the line of the forehead slopes backward. The mandible appears to run as a sharp slanted line from the bottom of the ear directly to the chin.

Nervous types are volatile and hypercritical, and the quickest perceivers of all the types. They have high intellect and think abstractly and philosophically. They have an artistic temperament, although their productions tend to be imitative rather than innovative. They can package old ideas in new versions. They are excellent communicators, are witty, hypersensitive, and hyperreactive to the world. They tend to be hypochondriacs, often magnifying trivial injuries (and events) into dramatic events of great magnitude. They need adulation, acceptance, applause, approval from the outside world, or they become depressed. Vitamins B1 and magnesium serve them very well. They tend to suffer from ailments of the skin and nervous systems as well as the liver, and often the thyroid gland.

The nervous type need to avoid prolonged or extensive aerobic exercise.

**The lymphatic type** has essentially no discernible jaw line, flat forehead, and often displays a receding chin.

Lymphatic types are devotional. They often have a strong religious inclination and are visionary. They can be dogmatic, authoritarian in their opinions, bombastic, and paternalistic. They seek justice, are quite companionable and tolerant, are quite organized in their thinking, and are great organizers. Like the sanguines, but unlike the bilious and nervous, they don't feel guilt.

Lymphatic types can use vitamin B6 as a diuretic. They suffer from endodermally connected organ problems that may involve the lungs, pancreas, intestinal tract, urinary bladder, to cite a few. They love to eat and must eat to live. They can consume any diet. In contrast, the nervous are vegetarians, the sanguine must have meat, and the bilious, being omnivorous, are able to eat meat, carbohydrates, grains, and vegetables.

The ideal for establishing a successful organization is to have a bilious boss, a sanguine salesperson, a lymphatic organizer, and nervous idea person.

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THE PERSONALITY TYPES ARE TYPIFIED IN THE FOLLOWING WAY:

**The Earth or square-faced type** is feisty, pugnacious, practical, materialistic, needs things, prizes logical thinking, is an excellent family man or woman, possessive, demanding, jealous, loyal, dutiful, and extremely competitive. Jimmy Cagney is an example, as is Dr. Ruth Westheimer.

**The Saturn or trapezoid type** is the most perseverant of all. He/she is also the most hypersexual type, often mistaking sex for love. Saturns take a long time between a thought and an act and are quite ruminative. They are natural researchers and are meticulously attentive to detail. They can take one point and go deeply with it. They are often subjected to bone fractures. Clint Eastwood and Julia Roberts are examples of this type.

**The Uranus, a long trapezoid,** is the rarest type. People of this type are visionary thinkers, their ideas being far ahead of their time. They are an extension of the saturns. They are quite difficult to relate to since they are intolerant of those who don't resonate with or understand their ideas. They are the worst dressers of all, having virtually no sense of color coordination. Edward R. Murrow, perhaps the most innovative journalist of the twentieth century, was of this type.

**The Mercury or triangular-shaped face** is a person who is elusive, reclusive, accommodating to his or her surroundings like a chameleon, since mercuries depend on the outside world to frame their identity. They are elegant, often are performers and entertainers, professors, or physicians. (Mercury was the god of medicine, communication, thieves.) They are impatient and are always looking for new sensory impressions. They feel unstable in the world, feeling that the ground is literally slipping out from under their feet. Nancy Reagan, Madonna, Woody Allen and Fred Astaire are prime examples.

**The Mars or rectangular type** is a gregarious person who is good humored, fickle in relationships commonly, has a short temper and a penchant for war. (Ares or Mars was the god of war.) The Mars types are impetuous, daredevils who risk life and limb in dangerous actions. They are the army officers and love a good fight. You'll find many CEOs, surgeons, scientists, sculptors, cartoonists, football players amongst this type. Lucille Ball is of this type, as is Ronald Reagan, who is a prototypical mars.

**The sun, with an oval face**, like an egg standing on its end, is a natural leader; an individual who does not require intimacy while still being quite gregarious. Sun types are often mislabeled as haughty, snobbish, aloof, and the like, which is not really the case. They will work a lifetime for one cause. They are highly principled, even in the realm of finance. They cannot be intimidated. They often gravitate to diplomacy, medicine, high finance, aeronautics amongst other activities. Their power of intellect to formulate concepts is prodigious. Dwight Eisenhower and Grace Kelly are excellent representatives of the sun.

**The Venus type**, with a lozenge-shaped face, is spunky, extroverted, and has a lively intelligence. They work for social causes as a primary aim in life. They glory in aesthetics, being related directly to beauty. They are conciliatory by nature, always looking to mediate disputes. Easily flattered, they tend as well to attract the opposite sex without trouble. They are never in want of a social life, are quite loving, and tend to talk voluminously. Elizabeth Taylor is the quintessential female Venus, while Tom Cruise is the male counterpart.

**The Pluto type**, with a hexagonal-shaped face, is an extension of the Mars type. Plutos are hugely successful in business, often having a Midas touch. They are wonderful caretakers, being quite loyal. They have the most penetrating eyes of any of the types. They are unfazed by life, take things as they come, and don't fret. Quite strong physically, they are quite resistant to illness and hardly ever miss work. Ginger Rogers exemplified this type.

**The moon individuals**, or circular types, have a very slow rhythm, which makes them appear lazy to others. Their moods determine their relationship on a daily basis. They are moody and sensitive, as they feel deeply. They love children and are nurturing by nature. Moon women are dreamy, often poetic, are singers and dancers. For the moon women the bond to their children often supersedes their relationship to their husbands, who must be prepared to accept a secondary role in the family constellation. The singer Rosemary Clooney is of this type. The actor/comedian John Candy was the male version.

**The Neptune person**, with an oblong-shaped face, is a highly spiritual, innovative, creative individual. Neptunes are musicians, artists, and muses in general. They often dream of angels and need to seek spiritual dimensions or other realities early in life. The characteristic trait distinguishing this type is the inability to sustain a relationship and to see a relationship clearly. They usually feel confused in/by relationships. Duke Ellington was a most creative Neptune.

**The Jupiter type**, with a reverse-trapezoid face, is generous, tolerant, understanding, devoted, objective, and very concerned with justice. Jupiters tend to find injustice everywhere and want to right all wrongs. They are religious by nature and can gravitate to the pulpit or to the judiciary. Their intelligence is synthetic, in that logic and intuition blend together very well, which makes them visionary. They can be pompous, dogmatic, and full of rage after much provocation. Margaret Thatcher is an instance of a successful Jupiter, while Alfred Hitchcock and Al Gore are representative males.

One helpful point in assessing facial types is that the front faces are associated characteristically with temperamental types. That is: the Earth, Saturn, Uranus faces are connected with the bilious temperament and will manifest medical issues connected with that temperament. In the same vein, the Mercury face is associated with the nervous temperament. Here we commonly see nervous system and skin problems. The Mars, Venus, sun, Pluto types are connected with the sanguine temperament. Here the Mars and Pluto have muscular and joint problems respectively. The Venus type suffers commonly from genital disturbances, while the sun is vulnerable to cardiovascular problems. The Neptune, moon, and Jupiter types are associated with the lymphatic temperament.

Here we might find endocrine and lung disturbances (including the epithelial lining), and diseases of the digestive tract.

I hope that in this condensed presentation that I have been able to convey some of the flavor of what these temperamental and personality types are like. There is no simple way to logically support the accuracy of these descriptions, which exist essentially as "givens." I would only say that I have consistently found them to be useful in my practice.

One important point to stress is that the morphological system is not fixed. It is a descriptive system describing a person's life situation at this moment. As changes take place in one's life, so one's morphology changes to reflect what is happening.

A fundamental law of morphology is called the "law of reciprocity." Simply put, this law says that what happens internally is always reflected in the face, and whatever changes are made in the face will be reflected internally. For instance, if the muscles of the face reflecting depression (everyone has seen them on another person), are massaged and manipulated to change and de-contract, the inner depressed feeling will clear up reciprocally.

#### APPLYING MORPHOLOGY

The application of morphological data is enormous. I have been solicited to use this knowledge in child rearing, mate selection, conflict resolution, and employee selection, to name a few. For example, showing parents how to relate to the morphology of their children has changed the family dynamic in many families with which I have worked. Knowing a child's morphology allows parents to appreciate the child for the person he or she is, instead of imposing a preconceived idea of child rearing, or raising the child in the image of the parent who may be morphologically the antithesis of the child.

Examples like this are virtually endless. The key issue here, of course, is: how can morphology serve as a medical tool? Here are some examples.

#### MEDICAL EXAMPLES OF MORPHOLOGY

Marjorie, a young woman of nervous temperament, came to see me after several episodes of fainting. She was examined extensively medically and was given a clean bill of health physically. Thinking that something might be amiss mentally, she was recommended to investigate that possibility. Thus, she was sent to me on that basis. As she was of nervous morphology, I wanted to rule out any nervous system pathology, since this type of person is susceptible to diseases stemming from this anatomical system. On close questioning and consultation with her primary physician, I ascertained that there was no hint of disturbance in that area. She was, in fact, in very good health, the fainting being an isolated symptom. Being in good shape, I inquired further, intuitively based, as to whether she did any physical exercise. She responded eagerly that she indeed did physical exercise regularly that was focused on jogging five to ten miles per day. Right there she provided this morphologist with the answer to the riddle of the fainting spells.

The nervous morphology cannot abide prolonged aerobic activity. To do so creates an excess of carbon dioxide elimination leading to fainting in this type. I immediately recommended that she change her physical regimen to stop jogging and substitute something more in keeping with her type such as fencing, tap dancing, or acrobatics for thirty to forty minutes a day. She was willing to try my suggestions and reported to me several weeks later and six months later that the fainting spells stopped.

Robert, a man of bilious temperament, came to see me because of complaints of severe intestinal pain, discomfort, bloating, and chronic indigestion. There was extensive medical investigation of his symptom picture, including gall bladder and pancreas testing. Since no pathology was discovered, it was felt emotional issues were at play. When I saw him he certainly demonstrated the typical bilious qualities of being hard driven, a perfectionist, and hypercritical. There was no question that he was suffering from physical complaints, which I duly acknowledged and for which he felt relieved because he didn't have to consider himself "crazy," as the physicians attending him led him to believe because no pathology was found, therefore the complaints were not real.

In questioning him, and understanding from a morphological point of view that he had a very short digestive tract – only the nervous type has a shorter one – I inquired of his diet. Interestingly, his diet wasn't looked into throughout his medical examinations, but he told me that he was taking a number of clients out to lunch and dinner and was eating dishes with rich sauces and meat oriented. The bilious type requires food that has a quick transit time, i.e., travels through the digestive tube quickly and is easily assimilated. Foods like meat – taken extensively – and with sauces have long transit time. Thus, what he was eating was wreaking havoc with his system and was creating his problems, from my viewpoint. I recommended a change of diet to satisfy his omnivorous interests, but to shift to foods that had a short transit time. He decided to follow my input, and within three weeks his symptoms completely disappeared.

Anne was a lymphatic woman in her mid-thirties who had been in psychoanalysis four to five days a week for nine years. She came complaining of going into severe rages regularly that would disrupt her household and would leave her feeling conscience-stricken, remorseful to an extreme degree afterward for her behavior. Since she was water-laden, as is characteristic of the lymphatic type, I inquired as to the rhythm of these rageful outbursts. I discovered that they occurred once a month, about seven to ten days before her period. She also experienced bloating at those times.

I recommended that at the next instance when she first recognized the symptoms appearing that she was to take 75 mg. of vitamin B6 three times a day with each meal, and to substantially reduce her fluid intake during the premenstrual time. The lymphatic woman needs to do that during the premenstrual time, and all lymphatics need vitamin B6 as a natural diuretic to help control water balance.

When she returned to see me after the beginning of her next period, she came in exclaiming that she wanted to sue her psychoanalyst. I asked why. She said that she had been trying to analyze this rage problem for all that time without finding any help, while following my recommendation resulted in the problem disappearing by taking vitamin B6. She added that she didn't need all that work that proved fruitless when the answer was so simple. I responded by being happy for her, but I asked her to go on with the regimen for the next three months to see if the same response would occur. She returned after that time to say that the problem resolved and no further outbursts had happened. I received follow-up reports from time to time over the next fifteen years with no recurrence at all of the rage response during that time.

## WHY MORPHOLOGY?

In psychological terms, then, the effects of morphological investigation is to elevate the uniqueness of each human being, and grant him/her an authenticity and genuineness of being that is sorely lacking in medicine and in psychology/psychiatry today. Everyone is appreciated, not depreciated by being labeled or found to be wrong, bad, or abnormal.



Further, in the practice of medicine, it provides an incredible diagnostic tool that allows the practitioner to pinpoint areas of strengths and difficulties rapidly, and allows him/her to offer easily and quickly remedies for treating ailments, maintaining health, and preventing illness. To date, there is nothing in the current medical model that provides for health maintenance and disease prevention. Indeed, it seems to me that without the incorporation of morphology, it is impossible to develop a comprehensive system of health care delivery (both mental and physical) encompassing the three essential elements – treatment, maintenance, prevention.

A final, critical point to any would-be morphologist: there is a moral imperative associated with morphological work. It is quite obvious that the face is naked, that is an exposed part of our anatomy that is subject to everyone's inspection. In morphological practice, it is clear, then, that being naked like this makes everyone vulnerable to being known in all dimensions of life by someone else who may be a complete stranger. But to use such knowledge as a vehicle for wielding power subverts the real mission of morphological inquiry: to enhance understanding and cooperation between people. When one sees that the behavior of another person is natural for his or her type and not, say, willful or malicious, one immediately begins to become more accepting and tolerant of – even loving toward – that person, while recognizing, of course, that the person is accountable for whatever his or her actions might be. Morphology is not to be used, therefore, in the service of the will to power, but in the service of the will to love.

Morphology is a science and a sacred art with roots in religion and is not to be trivialized as a game, as happens, for example, at a party. It is not meant to be used in social situations or to be made light of. I do not read faces in other than clinical situations where it is necessary to provide knowledge that is designed to help a person along on his or her road of life. To use it otherwise, I would say, can have serious repercussions on the user. In a phrase, when entering the morphological realm, one should be prudent, judicious, and loving.

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# WHAT IS MORPHOLOGY?

Morphology or face reading is the most ancient western diagnostic system for self knowledge and healing. Our face and body shape reveal our in-born temperament (what we come into the world with) our personality (the interface between what the world imposes on us and our response) and our character (qualities and traits that we inscribe in ourselves by which we make our mark on the world). Our unique physical and physiological predispositions and needs are revealed as well. For example, morphology can reveal what diet, supplements, and exercise suit you.

The roots of this art and science are found in both the monotheistic and Egyptian pharaonic tradition. It was supplemented by the ancient Greeks through the four humors, and remained the major diagnostic system of the West up until the middle of the Renaissance when it was submerged by the development of the natural sciences. Morphology is still taught in the French medical school curriculum. It correlates with embryological development and anatomical laws.

The face – and the body – represents the external revelatory/visionary form, which reflects what is happening in your inner being on a physical, emotional, mental, social, and moral level. Not only did this sacred practice, known as the sacred science of the west, provide information for purposes of therapeutic interventions for healing, but also showed each individual his own unique way to truth; as no two faces on the earth are the same. You are your own unique, incomparable, individual (meaning undivided) self reflected in your face.

In spiritual terms, then, the effects of morphological investigation is to elevate the uniqueness of each human being, and grant them an authenticity and genuineness of being that is sorely lacking in medicine and in psychology and psychiatry today. Everyone is appreciated, not depreciated by being labeled or found to be wrong, bad, or abnormal.

## WHY DO I USE MORPHOLOGY?

- Morphology is a denotational, i.e., descriptive, system, not connotative, i.e., laden with value judgments.
- It removes all guilt feelings since a person always acts naturally for his or her type. The concern of the morphologist is whether a person is acting disproportionately with respect to a certain characteristic. Acting according to one's type = no guilt.
- It removes all man-made standards of right-wrong, good-bad. One is incomparable. There is no other face like yours anywhere.
- It de-stigmatizes the individual by removing the need to name people according to a nomenclature based on an artificial standard of normal and abnormal.
- It removes the clinician from the ranks of being an arbiter of another person's reality, and therefore a judge of another human being, which no human being has the right to do. In using morphology, we are working against the will to power, not seeking to subjugate or to dominate.

**MORPHOLOGY AND PUBLIC FIGURES:** It is important for us to know qualities and characteristics of anyone in public life, no matter what their field of endeavor because of their influence(s) and effects on our lives. Knowing such characteristics doesn't speak to their entirety of being, but more to behavioral traits. For example, Glen Beck

has been caught in many a lie. Possessing a rectangular face shape, he lies for the expediency of the moment. It does not mean that he lies 24/7. What a person is and his/her behavioral traits are not the same. To label someone “a liar” condemns one’s soul. To do so would be unfair. To say someone acts as a liar at particular times is not condemnatory of this person’s soul. After all, “let he who has not sinned cast the first stone.” What you are and what you do are not to be equated. Be careful what you call someone. We don’t want to engage in condemning souls.

Remember, morphology is a denotative, descriptive science, not a connotative, opinionated one. It speaks to what is (as all of spiritual science does), without drawing conclusions or having pre-existing agendas. It presents the information expressed in the face (and body), leaving you to “take it for what it’s worth,” in any way you so choose.

# MASTER YOUR METABOLISM

I noticed an ad for a diet book in the *New York Times* by an author Jillian Michaels called Master Your Metabolism. In this book Ms. Michaels promises to reveal three secrets to permit you to control your metabolism so that you gain control over your body (and presumably your weight). Credit has to go to the author for being able to produce a published book that is on the Times best seller list for five months.

What's of interest to me about the advent of this book is that it got me to reflect on the plethora (or is it myriad, or tons) of books on diet and nutrition year after year, decade after decade. It seemed to me that like the old Greek adage: "he who has many friends has no friends," so where there are so many books there are no books (by analogy). If one is to work for all there need only be one book.

This brings me to your face. This system defines a specificity of diet, nutrition, and exercise for each of the morphological (facial) types. This goes to say there can't be one way pertaining to everyone. Everyone is unique and an undivided whole = individual. There cannot be a homogenized (no pun intended maybe there was) sameness applying to everyone. EXAMPLES:

- **BILIOUS TEMPERAMENT** Eat any food in small amounts. Stay away from sharp spices, drink little. Oxygen is their real food. Need to eat so as to be able to sleep. Need only four–five hours of sleep a night. No coffee.
- **SANGUINE TEMPERAMENT** Eat three square meals a day. High in protein – especially meat – and potatoes and complex carbohydrates. Needs little vegetables and fruit. Moderate fluid intake. Wine or beer at meals only as a digestive. Can take lots of water (the ones who can absorb the eight glasses of eight ounces of water a day. None of the other types can come close to fulfilling this misguided medical standard). Need to nap for 30–40 minutes during middle of the day. Can have sugar.
- **NERVOUS TEMPERAMENT** Eat six to eight small meals a day. Must eat when hungry. Vegetarian diet is ideal. Can eat a little meat, poultry and fish. Needs little liquid. Has shortest digestive tract of all types. The foods have to be easily assimilable. Can go to sleep as soon as head hits pillow. Needs eight hours. Needs little sugar and no coffee.
- **LYMPHATIC TEMPERAMENT** Has longest digestive tract of all types. Can, therefore, eat all and any often in large quantities. Can digest meat and dairy easily. Has to be careful about two things: (1) gluttony and (2) taking in fluids. Tends to drink too much fluid, which increases weight preponderantly. Needs to eat to feel comfortable and to get to work. Likes to sleep long hours and as such likes to have coffee to keep him/her awake. When awake well organized and gets things done well and orderly. Enjoys sweets; they give energy (careful about overdoing).

The moral of the story (albeit it a short one here of a much longer version) – One size does not fit all. Never does, never will.

# READING FEATURES 101

**CHIN CLEFT OR DIMPLE** Did you know that a cleft in the chin has two main meanings: 1) narcissism, or self-absorption; and 2) duplicity? One or the other is operating, sometimes both. At any rate, people with this feature are commonly – male or female – quite good looking, e.g., Ava Gardner, Kirk Douglas. Be careful to distinguish a cleft from a dimple in the chin, which is round with an indentation in the center. This means you are searching for harmony in life, or striving to create a harmonious life or harmonious relationships.

**DOUBLE CHIN** Did you know that there is a pouch that develops under the chin called the dewlap? It's perceived as a cosmetic horror, especially to women, who run to cosmetic surgeons to do something about it. Now, the dewlap is a storage bank for energy and endurance. The lymphatic temperament characteristically develops one and that is definitely a benefit to them, male or female: note Julia Child, who was a powerhouse. The last thing you lymphatics want to do is lose your dewlap. For you, being on the portly side (where the dewlap manifests) is a plus and contributor to overall health. For all you other temperamental types you can lose your dewlap with impunity because you have other storage areas of strength, power and vitality. Note: portly is not obese, but rather on the stout side.

**EARS** Did you know that ears located away from the skull mean independence?

**EYE COLOR** Did you know that green eyes have the meaning of wanting to keep distance? People with this eye color can be quite sociable but don't need intimacy (there goes your intimacy specialists). They can establish close contact with one or two select friends (maybe three). Unfortunately, they are often viewed as haughty or aloof. This is not at all the case and they are certainly not schizoid.

**EYEBROW** Did you know that eyebrows extending beyond the orbit of the eye, i.e., extending straight across, reflect difficulty in sustaining and maintaining a relationship? The remedy: trim them back to the level of the orbital bone. Watch your relationships shift. There is an eyebrow craze going on here in New York (maybe it's happening elsewhere). There are eyebrow parlors charging large fees to clip, trim, shape, and otherwise diddle with them. I give a mini-course on the meaning of eyebrows. There is a good deal to know. Here I can mention two caveats:

- Don't cut away eyebrow hair. The eyebrow means strength and stamina.
- One exception: If your eyebrows go straight across from one eye to the next without a break, make sure you cut away the hair above the bridge of the nose to create a break between them. Otherwise you will continue to have difficulties in your relationships.

**EYEBROWS & HYPOTHYROIDISM** Did you know that the absence of the outer one-third of the eyebrow denotes thyroid imbalance – most likely hypothyroidism?

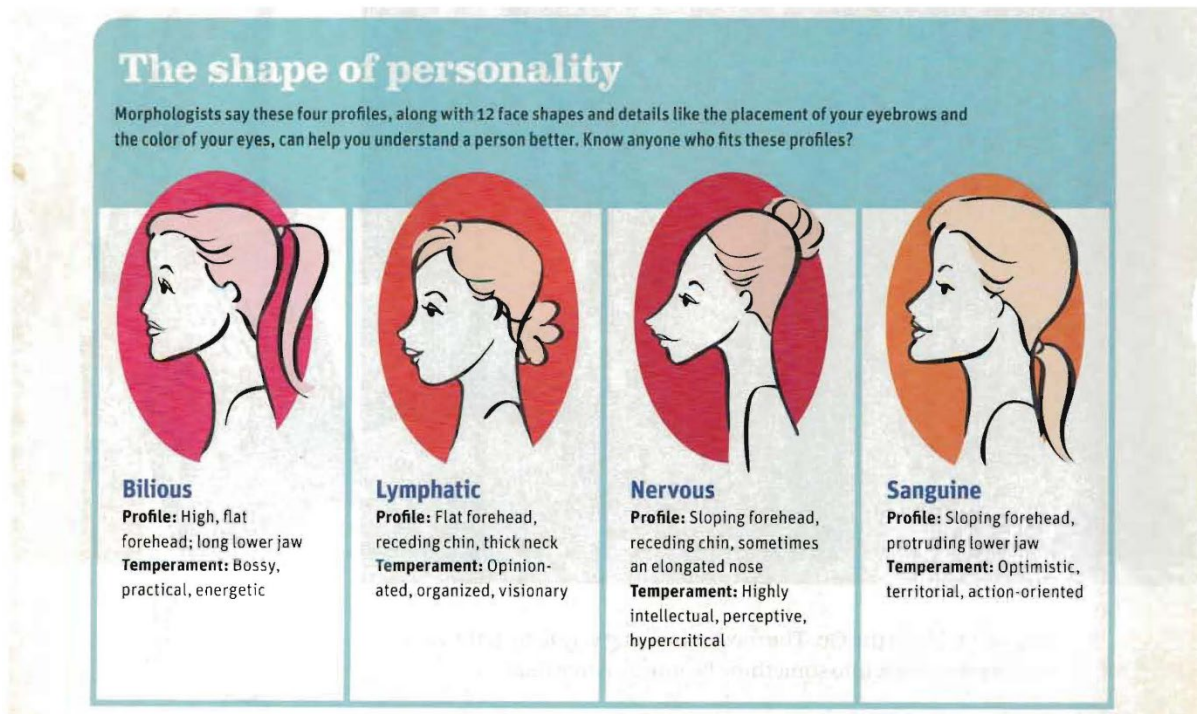
**HEAD HAIR** Did you know that a woman needs to coil her hair, so it does not spread in all directions? Because hair acts as an antenna, when it is unruly and goes in many directions at once, it receives static from the external environment which reflects inwardly as confusion – particularly with regard to social relationships.

**LIPS** Did you know that the upper lip is the social lip, while the lower one reflects our biological functions, particularly the intestinal tract and prostate in men.

- A protruding lower lip jutting out beyond the upper one on profile view has the meaning of sadistic tendencies.
- A thin upper lip, going straight across the mouth, reflects a mean, tough nature that can bleed over into cruelty and callousness that can lead to heartlessness. Such a person with this lip can be given to cursing and mean-spirited remarks. By lip, here I mean the fleshy part (not the muscle part above or below those fleshy areas). Michael Bloomberg and George Bush, Jr. have this type of lip.

**TEETH** Did you know that a person having a natural gap between the two front teeth means he/she does not feel bound to/by conventional mores? They are of the maverick type when it comes to such matters. I would advise parents having such a child not to close the gap unless you want him/her to become part of the herd, just a conventional Joe or Jane.

- Did you know that long canine teeth (the third tooth over from the center in the upper jaw) that are disproportionately longer than the other teeth reflect having difficulty in establishing a stable and/or long-lasting relationship. The remedy: Have your dentist file them down to come into proportion with the other teeth. And, watch your relationships come into order.
- Canine teeth that are disproportionately long compared to the surrounding molars and incisors reflect a predatory impulse. The canines tear apart flesh (dogs are called “canines”) and have an impact on male-female relationships. Be careful if your intended boyfriend or girlfriend has such teeth. If you want the relationship to mature in your favor, ask the prospective partner to have those teeth ground down to a proportionate relationship to the other teeth, and make them rounded! Mark Zuckerberg, the CEO of Facebook, has such teeth.



From Health Magazine's "About Face" October 2006

## Morphology

### Dr. Gerald N. Epstein Reading Faces

**R**eading faces is part of the science of morphology (the study of face and body). It can help you quickly understand how a person thinks, why he behaves as he does and what his needs are.

Morphology was practiced in ancient Egypt, Greece and Israel. It is used today in China and is included in formal medical training in France. *Its special value:* It's a quick way to zero in on a patient's physical and psychological problems. . . adding substantially to his own statement.

Reading a face means more than just looking at the expression (smile, frown, etc.). The reader must also carefully observe the shape of the face (both front view and profile), the musculature and the proportions of the features.

#### BASIC FACE SHAPES

##### Front view:

- **Square.** Feisty, pugnacious, practical, materialistic. *James Cagney.*
- **Rectangular.** Gregarious, social, action-oriented, easily bored. *Ronald Reagan.*
- **Triangular.** Quick-minded and quick-witted, charming, elegant. Show-biz types and entertainers. *Woody Allen.* **Long triangle:** Philosophical, communicative. *Fred Astaire.*
- **Trapezoidal.** Meticulous and thorough,

*Bottom Line/Personal* interviewed Gerald N. Epstein, MD, 23 E. 93 St., New York 10128. He specializes in psychiatry and behavioral medicine.

hypersexual, willful, slow to act. *Clint Eastwood.* **Long trapezoid:** Far-thinking, creative (especially in the area of intellect and ideas), charismatic. *Meryl Streep.* **Reverse trapezoid:** Benevolent, paternal, devotional, generous, tolerant. *George Schultz.*

• **Hexagonal.** Loyal, care-taking, aggressive, money-making. *Ginger Rogers.*

• **Oval.** Idealistic, detached, born to lead. *Grace Kelly.*

• **Round.** Poetical, lyrical, maternal, rhythm is slow, dreamy. *Linda Ronstadt.*

• **Lozenge-shaped.** Spunky, conciliatory, talkative, involved with social causes, family-oriented. *Elizabeth Taylor.*

• **Oblong.** Artistic in music and art, spiritual, dreamy. *Duke Ellington.*

##### Side view:



• **Bilious.** Conquering, domineering, brooding and ruminating. Doesn't require much sleep. Active constructor—needs to make things happen. *Napoleon.*



• **Sanguine.** Action-oriented, fickle, good merchant. Establishes superficial relationships. Aesthetic and body-oriented. Sanguine types are not terribly philosophical, and they think analytically. They don't like long-range planning. America is now a sanguine culture (concentrating on body fitness), led by sanguine types like *Ronald Reagan.*



• **Lymphatic.** Kind, tolerant of all other types. Listens to his own drummer. Prefers ideas to physical activity. Not an initiator, but companionable, accepting of what life offers, autocratic, dogmatic. . . and a great organizer. *George Washington.*



• **Nervous.** Darts in and out, doesn't like being in groups for long periods, tends to be reclusive. Artistic in an imitative rather than an original way, sensitive, a great communicator. Needs to be applauded, acknowledged and adulated. Responds to events rather than initiating them. Has a highly evolved intellect and great perception but has trouble sustaining things. *Woody Allen.*

#### USING MORPHOLOGY

*Personal:* Parents can quickly tune in to what their child needs.

*Example:* Recognize that a lymphatic child won't be interested in baseball or in any other physical activity.

*Business:* In France, personnel directors use morphology to help select employees.

*Example:* If you're looking for a bookkeeper or an organizer, hire a lymphatic type. For sales, sanguines are best. In advertising, nervous types make good copywriters and packagers. And bosses are usually bilious types—natural leaders. ■





**ALTRUISTIC**

Venus/lozenge: "Work for social causes; attract the opposite sex without trouble."



**ELUSIVE**

Mercury/triangle: Elusive, reclusive; always looking for new sensory impressions.



**RUMINATIVE**

Saturn/trapezoid: "Meticulously attentive to detail; often mistake sex for love."

# STUDYING ALL THE ANGLES

The shape of a face tells you all you need to know about boyfriends and bosses (and yourself), says psychiatrist-morphologist Gerald Epstein. Holly Millea takes a look in the mirror and sees the mistakes of her past and who might be the man of her future

The cab I'd called to come pick me up at the small airport in Sioux City, Iowa, turned out to be an old station wagon with a magnetic taxi sign stuck to the side. Its driver was a large, attractive woman with a round face and reddish curly hair that was too long for someone her age. She looked like a Beverly, or a Bev, but I didn't ask her name—I didn't want to get involved. It was a bitter November night, yet she was coatless, in short sleeves, radiating warmth.

I instructed her to go to the Best Western, and, as I expected, she wondered, "What brings you to Sioux City?"

I told Bev I was visiting my grandmother. I didn't tell Bev that two months earlier my grandmother had died and that I had returned to Iowa to close up her apartment.

"For Thanksgiving! On college break?"

"Oh, no!" Okay, I was flattered. "I graduated 20 years ago." She turned on the dome light and examined me in the rearview mirror, deducing, "Not married."

"Nope."

"Ever been married?"

"No."

"Tell me, what are you waiting for?"

Whatever happened to small talk? "I have a question," I said. "How many times have you been married?"

"Twice."

"There you have it! Okay, I never want to get divorced."

"My first husband died."

And that is why strangers should discuss only sports, Brangelina, and the dangers of too much sun exposure.

"But I could still divorce my second husband." She laughed—like *that* was going to happen—and reached up and turned off the light.

"One day I will get married," I promised, tracing a lopsided heart on the foggy window. "I will marry someone once and for all and forever."

"Honey," Bev said, not unkindly, "you better hurry up, because forever's almost over."

I tell this story to my friend Michael over lunch in New York. A decade ago we had a ton of flirty fun working together, and though we see each other only occasionally, we're close. "It's easy," he says. "You don't look married because you look like you don't want to be." Michael got the check. I got the reality check. As we hug goodbye, I ask him to tell me honestly: If he hadn't been married when we met, would he have asked me out?

"You're the girl I would have dated for years and suddenly dropped to marry someone else," he replies. "But I'd never have stopped thinking about you. Or the sex."

"Then why the hell wouldn't you just marry me?"

"You're...intense—but I love that about you!" Or as my playwright friend John once put it: "Holly, if you were a dog, you'd be a Jack Russell terrier." Clearly, I've been barking up the wrong trees. I've had maybe four serious relationships with men, two of whom ditched me—just as Michael imagined he would have—by marrying and promptly impregnating women who were my polar opposite. These men still call. I do not return their calls. Months pass, sometimes years, and out of the blue, another message: "Just thinking about you..." They should have

FROM TOP: JON KORN/GETTY IMAGES.COM; © DOUG PETER/ALAMY.COM/REX USA LTD. © RETNA LTD.



IMPETUOUS

been this attached when we were together. It occurs to me that the two hangers-on looked alike, in varying measures crosses between Frank Sinatra and Nazi propaganda minister Joseph Goebbels.

Wanting to know if I can judge a lover by his cover, I head up to the Manhattan office of Gerald Epstein, MD, a psychiatrist and author of *Healing Visualizations*. He's also an expert in morphology—the science of face reading. Originating in the ancient Mediterranean and Egypt, morphology is the 5,000-year-old practice of using facial structure as an indicator of behavior, personality, and physiology traits. “The French have been the preservers of the morphology system in the twentieth and twenty-first centuries,” Epstein says. While it's no longer legal to use the practice as a hiring criterion in France, the Société Française de Morphopsychologie still encourages employers to use morphology as a way to make the most of their employees' natural strengths.

Morphologists believe that from birth, 95 percent of our disposition is a done deal, that our profiles reveal one of four temperaments, our faces one of 12 personalities. Epstein hands me a book illustrated with 12 shapes, each correlating with the name of a Greek/Roman god. He sees me as a rectangle, Aries/Mars. Among the indications: “gregarious, good-humored, fickle, short-tempered, penchant for war.” Allow me to add, “loves make-up sex, can carry a tune.”

“Men find moon-shape faces the most appealing—a circle of receptivity that conveys a yielding nature,” Epstein says. I, on the other hand, “have a very angular face, the face of a warrior. The lines project assertiveness, thrust, and force.” It's the facial structure Epstein says women find most appealing in men. Which is why I'm a chick magnet. Seriously.

I pull out pictures of old beaux and ask Epstein to tell me what he sees. “This one had a drug problem,” he states correctly. “He's a Neptune—see the capsule face? [A long oval.] It's common for them to have addictions. It's not that they want to escape. They're very creative and they're trying to capture a state they want to experience. They're also the least able to understand how to be connected in relationships.” So true!

My next ex: “Look at the dimples. Immature. He wants what he wants when he wants it. His face is a trapezoid, Kronos/Saturn. Which means he's also perseverant and hypersexual.” It was the best of times, it was the worst of times...

The last picture is of my true college love, a Kris Kristofferson



**Mars/rectangle:** “Good humored, fickle in relationships, daredevils who risk life and limb.”

“Men find moon-shape faces the most appealing,” says Epstein. I, on the other hand, have the “face of a warrior.”



**Moon/circle:** “Bond to their children often supercedes relationship to their husbands.”



**Saturn/trapezoid:** “Hypersexual; often subject to bone fractures.”

ringer circa *A Star Is Born*. We went off to separate cities but never lost touch. “Now *this* is a nice guy. A great guy,” Epstein enthuses. “He's a reverse trapezoid, Zeus/Jupiter. Generous, tolerant, understanding...” Married, with small children...

“That's too bad,” Epstein says. “But now you know what to look for in a face.”

Walking over to a board, he sketches the four facial profiles that represent the four basic temperaments. There's Biliou: strong forehead, well-defined chin, à la Robert De Niro; Nervous: bullet-shape head, long nose, weaselly; Sanguine: jutting chin, jocklike (very Dick Tracy); and Lymphatic: flat forehead, weak chin, thick neck—think Alfred Hitchcock. I can see Epstein is a Lymphatic—“I am!”—and he declares me a Biliou, which means “you're strong-willed and that will have to be met. When it isn't, you become morose and brooding.

You also glom knowledge with a ‘needing to know’ and have a hypercritical nature, finding flaws very easily. You're also feisty.”

Anything else? “Bossy.” How's that for a personal ad?

I'm not easy to live with, I tell Epstein. He chuckles. “You're not, but that doesn't preclude your getting married,” he says. “You'd do well with a Lymphatic. They're receptive and accepting and won't stand in your way. They're also very devoted and visionary.” But I want to be the visionary! Epstein shakes his head: “You can't be—that's not your calling.

Your calling is to conquer, be indefatigable, acquire knowledge...” And to give my phone number to Lymphatics whose calling is to call me.

Feeling an impulse to delve deeper, I take a taxi down to the International Dermal Institute for a face mapping—an analysis that incorporates Chinese diagnostics. While I undergo a fancy facial, Heather Sing—the institute's Magellan of Mapping—explains how each area or “zone” correlates to specific organs of the body. The ears represent the kidneys. If they feel hot, it could mean you drink too much caffeine or have a high salt intake. Broken capillaries on the upper cheeks could indicate lung stress. A red, bulbous nose? Check your blood pressure. Pigmentation on the top lip can mean a hormone imbalance.

“There's a very strong line running straight across your forehead,” Sing says. “How's your bladder?” Strange that she should ask. I have a bladder the size of a cocktail olive. I'm constantly going to the bathroom.

“Both sides of your chin are broken out,” Sing notes. “That's ovary related. You could be ovulating, or you could be entering perimenopause.” (I vote that I'm laying an egg.) “And this vertical line between your eyebrows—that's your liver. We call that the ‘wine-and-dine’ line. Too much wine and cheese.” I'd upped my daily cheese intake, hoping the calcium would strengthen my fingernails.