USING FACE READING TO UNDERSTAND THE CHARACTERS IN YOUR DREAMS

by Mac Fulfer

On one level we are all face readers. Most of us have an intuitive sense or feeling about each person we meet. However, our vocabulary to describe what we read from another person's face is usually vague and limited. We often discount these insights because they do not fit into any definable category of acceptable perception. Nevertheless, face reading, or physiognomy, is an inherent part of human nature. In fact, it could be said that face reading is one of the two most ancient forms of communication. The other and perhaps even earlier form of communication is dreaming. What face reading and dreaming share in common is that neither is dependent on a spoken language and both actually predate language.

Without a doubt, the development of a spoken language has radically altered human perception. Language has provided the ability to create a representational world which often takes the place of genuine experience. To explain this concept just look around and notice that there is nothing in the environment that doesn't have a name and a category to which it belongs. For example, as soon we identify a particular living entity as a tree, it falls into a set which includes our past experience and definitions of trees and for most of us the experience of the living creation before us disappears. We lose the experience or our experiences.

This phenomenon creates a paradox in communication. On the one hand language is synonymous with communication. On the one hand, language is synonymous with communication, on the other, by creating a representational world when we interact with others we often discount our innate inner sense and assessments. Instead we fall back on our preconceived judgments and try to place the individual in a category we can define including such things as gender, age, marital status, race, religion, occupation, geographical origin social ranking and our past experiences. After we determine what "box" the person belongs in, we may assume that he or she will have the characteristics of other members of that group and we lose the experience of this unique individual.

The limitations created by language are not confined to the interpretations of our waking world. We also limit our understanding of our dream world by filtering the dream reality through the same representational filters we use to describe, define and explain our daily reality. As a prominent dream therapist at last year's conference pointed out, "when we are dreaming the experience seems real and there is really no reason to assume that our dream reality is not real." However, when we attempt to understand the characters in our dreams we often try to

place them in our predefined categories. For example, the dreamer might report about a character in the dream, "He was a big tough guy that looked a little bit like Bruce Willis." A typical interpretative response might be, "What do you associate with Bruce Willis?"

By using face reading to understand the characters in the dream world we can avoid this trap of pre-definition. Reading the dream character's face can give us an instant personality inventory and profile. The advantage of face reading over other forms of personality inventories or profiles is that it does not requiring active participation on the part of the subject. Therefore the dream character just needs to have a face. This allows us to not only accept the characters in the dream world as having their own unique existence but also gives us an understand go the character by giving us a personality profile.

Given the fact that we are all unique with our own individual set of experiences that have shaped and defined our individual realities how can we be certain that a facial feature of a dream character in one person's dream will mean feature of a dream character in one person's dream will mean the same thing in another person's dream? A straightforward answer is that we can't be certain. Face reading is not about infallible certainty by neither is the weather forecast. Face reading provides insight into personality and character assessments by understanding the metaphorical significance that we attach to the features of the human face.

We learn to read faces before we can even talk. As infants we mimic the fancial gestures of those around us. In fact, psychology experiments reveal that infants focus and respond to their mother's face and her reactions to a startling event even more than they respond to the event. Over time our habitual gestures and responses will become etched on our face until it becomes a living record of our life. For example, whenever we push ourselves to the limit or force ourselves to concentrate over a long period of time we develop vertical lines between our eyebrows. This is true regardless of our background, nationality, race or culture.

Because face reading is an innate and universal language that all humans share, the facial features of the characters in anyone's dream have a universal significance. While every feature on the face has a structural significance, there is also a metaphorical significance. For example, the structural significance of a nose is to provide the passage way for taking in the air we breathe. Air is important because it is necessary for us to sustain life. In face reading the metaphorical significance of a nose is an indicator of how we sustain ourselves and how we extend that to provide support for others. We may even know someone with a "nose for business" or who "keeps his nose to the grindstone." The metaphors of our dreams are reflected in the faces of the characters in our dreams and can be understood with the insights provided by one of our most ancient forms of communication, the art of face reading.