

A Face Reading Book

ONE FACE

MANY TRAITS

VARUN L. RUPANI



INDIA • SINGAPORE • MALAYSIA



Notion Press

No.8, 3rd Cross Street
CIT Colony, Mylapore
Chennai, Tamil Nadu – 600004

First Published by Notion Press 2021
Copyright © Varun L. Rupani 2021
All Rights Reserved.

ISBN 978-1-63832-538-3

This book has been published with all efforts taken to make the material error-free after the consent of the author. However, the author and the publisher do not assume and hereby disclaim any liability to any party for any loss, damage, or disruption caused by errors or omissions, whether such errors or omissions result from negligence, accident, or any other cause.

No part of this book may be used, reproduced in any manner whatsoever without written permission from the author, except in the case of brief quotations embodied in critical articles and reviews.

“I cannot teach anybody anything.
I can only make them think.”

– Socrates

Dedication

This Book is dedicated wholeheartedly to my
Mother-in-law Smt. Sunita M. Chugh and
Father-in-law Late Shri. Mahesh P. Chugh

Declaration

The contents of this book and the interpretations of various facial forms are meant to give a general indication of a person's personality traits. These are the indications which are understood by the author based on the popular face profiling methodologies and his own research, and not focused on any individual in particular. Such works have already been produced by many authors previously, and this book also aims to make face reading more popular. The intent of this book is to bring more awareness to the masses about the power of face analysis, and it should be taken in a positive light by the readers. There is no attempt to offend anyone's feelings. The story in the book represents the author's individual views based on his knowledge of face reading and is not intended to hurt anyone's sentiments or pass judgment about the good or bad traits of an individual in particular.

Table of Contents

<i>Foreword</i>	<i>xi</i>
<i>Preface</i>	<i>xv</i>
<i>Acknowledgements</i>	<i>xix</i>

PART 1

1. Purpose	3
2. Nature v/s Nurture.....	6
3. Face Reading Guidelines	10
4. Author's Note.....	14

PART 2

5. Face Reading During Coronavirus Pandemic	19
6. Hurray! Sales Done	25
7. Kavya's Husbandology.....	29
8. Siddharth Gets the Solution	34

PART 3

9. Basic Face Shapes and its Meanings	39
---	----

10. Don't Assume Shapes.....	43
11. Quick Questions Answered.....	45

PART 4

12. Personality Traits	49
1. Fear of Scarcity	49
2. People's Person.....	50
3. Non-Conformist.....	50
4. Logical Mind-Set	50
5. Non-stop Thinkers	51
6. Highly Sensitive Nature.....	52
7. Stubbornness	53
8. Introverts	53
9. Gift of Manifestation.....	54
10. Reserved & Cautious Personality	55
11. Business Acumen	55
12. Resilience.....	56
13. Creative & Artistic Ability	57
14. Extrovert.....	57
15. Risk-Takers	58

PART 5

13. Face Reading Quiz – 1	63
14. Face Reading Quiz – 2	65

PART 6

15. Learn Face Reading and Be a Face Reader	71
---	----

Foreword

By Dr. Shruthi Shridhar

Face Reading is observed to be a pseudoscience and has been in use since the early 1600s. The Italian scholar Giambattista della Porta is the father of physiognomy or face reading. He made analogies to the human essence and came up with the idea of face reading through his alchemical experiments.

Many a times, we notice someone with a sharp nose or crooked teeth or widely-spaced eyes. If it is something unusual and out-of-the-box, we keep thinking about that feature a lot. But, if it is something very basic or a feature that we keep seeing day-in and day-out, then we forget about it entirely. Every face has a story to tell. Time engraves our faces with all the tears we have not shed. With the help of face reading, we can identify the individual's personality traits and learn to decipher the character in a better manner.

Varun and I started with a teacher-student relationship about 5 years ago. Over time, we have gradually bonded and become more like family. His avid thirst for knowledge and constant desire to spread that knowledge is what makes him special and stand-out from the rest. The gregarious person

that he is, he loves to read people with all the tools that he possibly can. With the help of this book, he chooses to share this abundance of knowledge that he has with regards to face reading. But, he wanted to do it in such a way that you could have a lot of fun along the way of reading this book. Most books on face reading may seem mundane as they show you just the facial features and explain the analysis of their associated characteristics. Without giving it a very run-of-the-mill appeal, he chose a very bohemian approach to impart and bestow this gift of face reading through his book.

As a sequel to his previous book on graphology 'Right Writer, Wrong Traits', Varun has very eloquently chosen the title for this book, 'One Face, Many Traits'. His intentions are very clear which was to make you adept at reading peoples' faces and utilise this easy tool in your day-to-day life. The first part of this book has short stories to explain the ease and dexterity of using face reading in your routine life. Stories are an integral part of everyone's life. In fact, after food, shelter, and companionship, stories are the most essential commodity. Stories literally transport your mind to a different world and open your mind to a variety of information. A well-constructed narrative can change the way you think, your attitude, behaviour, and beliefs. That is exactly what Varun has tried to achieve through his book. He wanted to capture the hearts of his readers by first attracting their brains. The latter part of the book includes a list of traits that can be easily figured out by looking for those exact facial features.

As a homeopathic physician, I do realise the need to understand an individual at the level of mind, body, and soul. With the help of face reading, I have not only been able to

decode my patients' personalities but also been able to perceive the reasons behind their struggles and life experiences. Utilising this marvellous paraphernalia has helped me deal with my patients in a superior manner. There exists an exact relationship between the soul and body, between the internal and external of an individual. Face reading along with homeopathy has helped me surpass that stage and achieve that level of connect with my patients.

If there is one book that you wish to read for better comprehension of people and their personalities, then this is the one. Varun has done a phenomenal job in making this book an easily comprehensible one. Make face reading and this book your go-to tools to study a person and unravel unspoken secrets about their temperaments.

– Dr. Shruthi Shridhar

M.D. (Hom.), MSc. DFSM, CNCC

A Homeopath and Nutritionist by profession.

A Face Reader, Dream Analyst and a Graphologist by passion.

www.theholistichomeopath.com

Preface

Physiognomy is a Greek term composed of two parts: 'physis' which means 'nature' and 'gnomon' which means 'judge the body appearance'. The Wikipedia definition is: 'The assessment of the character or personality from a person's outer appearance, especially the face.'

For me, it comes down to this old parable -

An old Cherokee chief was teaching his grandson about life...

"A fight is going on inside me", he said to the boy.

"It is a terrible fight and it is between two wolves."

"One is evil - he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, self-doubt, and ego."

"The other is good - he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith."

"This same fight is going on inside you; and inside every other person, too."

The grandson thought about it for a minute and then asked his grandfather, “Which wolf will win?”

The old chief simply replied, “The one you feed.”

We all have both the wolves within us. Face Reading simply helps us find the dominating wolf within the person we are looking at. When we keep feeding the wolf, it comes on our face in the form of facial lines and marks. The facial features including the eyes, nose, mouth, ears, and lips do give an idea as to what potential the wolves within us have. Whether the wolves will act on the potential or not cannot be predicted, but can be assumed. If face reading knowledge is correctly applied, though it is just an assumption based on research, without having any scientific base, yet it increases the probability of us going right when making a choice.

For centuries, people have tried to understand aspects of a person’s character just by looking at their face. The ancient Chinese believed that your face was a reflection of your inner spirit. In Medieval Europe, beauty was considered to be synonymous with virtue, and ugliness was sometimes considered a sign of evil. No claims have been made to prove that this is an exact science, but it may be worth putting it in a similar bracket to things like astrology and palm reading.

The ancient Chinese (2700 years ago), were one of the first nations to study and identify the principles of Physiognomy. They named it Mian Chiang, which means knowledge of the features - i.e. reading the face. They read faces through human biological expressions to diagnose diseases, to know the type of personality and to predict the future of the individual. Physiognomy was also known to the ancient Egyptian

civilization. Some writings on the subject were discovered on papyrus.

One of the first nations to scientifically study Physiognomy were the Greeks. It appeared in their literature and poetry. Notably, the philosopher Aristotle, in his addendum to History of Animals discussed how to read a person's character from their face. He also wrote a study devoted entirely to face reading.

The mathematician Pythagoras and the Greek physician Hippocrates focused on the effect of climate and regional geographical environment on individual personalities. Hippocrates developed a theory in physiognomy which states that the human body has four types of fluids which determine the personality and the characteristics of the individual.

Arabs also had their experience in physiognomy. They related the body features to hidden characteristics of the human being. That the practice of physiognomy or 'Firasa' was known to the Arabs is evident in several references within the Quran which show the general acceptance of the idea that the outer form of the body reveals the inner state of the person.

Leonardo da Vinci dismissed physiognomy in the early 16th century as 'false', a chimera with 'no scientific foundation'. Nevertheless, Leonardo believed that lines caused by facial expressions could indicate personality traits.

Acknowledgements

Firstly, I would like to express my sincere gratitude to my mother Late Smt. Meeta L. Rupani and father Late Shri. Lalit F. Rupani whom I consider my teachers for teaching me many life lessons.

I appreciate the contribution put forth by my supportive brother Gaurav Rupani, my loving wife Varsha Rupani, my princess daughters Navya Rupani and Jenaya Tolani, my sweet sister-in-law Neha Tolani and her husband Rajiv Tolani and my all-time positive mother-in-law Sunita Chugh.

Special thanks to my students Khushi Agarwal, Rishika Shri Krishna Agarwal, Rupa Agrawal, Simple A. Agrawal, Tanya Atul Mehra, Shivangi A. Bubna, Unnati Chamadia, Bhavi R. Doshi, Hiya J. Bagadia.

Special thanks to my friends Dr. Shruthi Shridhar, Vinay Rajani, Ankith Vira, Ajay Chitre, Parminder Singh Oberai, and Amrit Sukheja.

PART 1

Chapter 1

Purpose

Before I started writing this chapter of my book, I questioned myself, “What is the purpose of writing this face reading book?” I have studied face reading in depth and have read a lot of books written by various other face readers. My purpose of writing this book is to make it simple for the readers. You cannot keep staring at people and remember long paragraphs describing each facial feature. Any face reading book, according to me, should be more like a quick reference guide. It should be easy for the reader to remember the points quickly and apply them in his/her daily life. Just like a donkey carrying a pile of books will still be a donkey, same way, knowledge without application is of no use. So, the first purpose of writing this book is to give all of you a quick and an easy way to learn face reading and bring it to use right away. For achieving this purpose, I have made sure the analysis is in a bulleted points’ format rather than in long paragraphs.

Now, the second purpose of this book is to upgrade the standard way of reading a book on face reading. If you notice,

this face reading book is without any image. It is difficult for anyone to imagine a face reading book without images of faces to look at. The reason for not having any images in this book is to break the old school style of looking at sketches or black & white images next to the points just like how you see in other face reading books. Especially, after the coronavirus pandemic, people have come quite closer digitally. No one can forget the lockdown phase where all of us were at home and online. Work from home to playing ludo online or watching movies on Netflix and other platforms did create a strong change in the way we were using technology before. Shopping online was the only easy option for many, and people in India came closer to using mobile apps and laptops. Keeping all these in mind, along with the urge to break the old school style of perusing face reading books, forced me to choose a better way of looking at images for face reading and analysis. This book has a website link www.onefacemanytraits.com which allows you to look at photos of real people instead of sketches or black & white images. Now, checking for facial lines and other facial features on real photos will make the learning experience superior.

Last and the most important purpose of writing this book is to add life stories associated with personality traits. This concept of reading short stories fascinates many and I thought why not add the face reading concept to my real-life experiences and present it in the form of short stories.

My three purposes of writing this book hopefully will add the fun and creative element for you, while reading it. It might be a bit of an effort for some to go online and check

the real photos on the website, but I must tell you, it will add a much more realistic approach to the whole concept of face reading and this idea to connect a website to the book will gain popularity in the years to come.

Chapter 2

Nature v/s Nurture

This is one of the most debatable topics for every face reader. You will come across many people asking you whether our face structure is a result of our nature (the pre-wiring, the genetic inheritance and other biological factors) or nurture (external factors after birth like exposure, experiences and learning on an individual).

Let me explain nature and nurture once again before we go further. For people who are unclear about what is Nature and what is Nurture, here is one more explanation for you all.

Nature refers to all the genes and hereditary factors that influence who we are right from our physical appearance to our personality characteristics.

On the other hand, Nurture refers to all the external environmental variables that impact our life right from our birth, which includes our early childhood experiences,

how we are raised, our social relationships, and our cultural surroundings.

The question of how much we are shaped today by our genetic background (nature) and how much is a result of our lifetime experiences (nurture) has puzzled psychologists, philosophers, and educators for hundreds of years and is frequently referred to as the nature versus nurture debate.

For example, a youngster scores well in his medical exams and is a topper in the class and ultimately becomes a Top Surgeon in town. Now, if I tell you, his father is a surgeon and mother is also a surgeon you might immediately give credit to the genes and hereditary factors, but what about the best & enriched environment that the youngster has lived in and what about the top-class external factors that the parents would have provided for the best outcome. So, the debate continues for many and will continue forever. I do agree that there are a few examples of biologically determined characteristics (nature) like certain genetic diseases, eye colour, hair colour, and skin quality. I also agree that there are other factors like life expectancy, height, and weight of the person that have a strong biological component, but they are also strongly influenced by environmental factors.

People have finally started realising that questioning how much of it is genetic and how much is environmental is not the right approach. The process is a complex one and the human mind and all other factors pertaining to human development is a mix of both and one influences the other and vice versa.

When it comes to faces, you now have a better understanding that the face you will be analysing is a mix of nature and nurture and so, gradually as the human body

matures, the face will give a clearer picture of all the features that develop and the facial lines that become visible.

Here I must tell you, that the lines a person gets on his/her face, which are not by any accident or surgery are the lines that develop while the person goes through the journey of life. The events that occur in one's life which bring intense joy, sorrow, pain, pleasure, and even traumatic incidents like losing a loved one, going through depression, a challenging situation, and finally the way how the person faces and overcomes all these situations in his/her lifetime, will determine the lines that develop on the face. Consider facial lines as good and bad remarks that the teacher gives the student. The lines on the face gives the face reader a clear picture of what journey the person went through and whether it was more of challenges and struggles or more of wins and lotteries.

At this point, we should understand that analysing facial lines will be incorrect if we see someone who is a teenager or someone who is in their 20s or 30s. No doubt, I have seen many people in their teenage, 20s and 30s with facial lines. You can analyse those lines. But for better accuracy it is always recommended to look for people in their 40s and 50s for well-developed facial lines. My personal experience also says that, when you analyse people who are in their 20s or 30s, who have lines on their face and if the meaning of the lines doesn't match their life story at that very moment then there are high chances of them going through that phase later in life. This could just be a possibility and not a future prediction. As a face reader, the knowledge that I am sharing with you is designed to understand the personality traits and the possible outcomes that support the personality traits.

Face Reading as a subject is a belief-based study and you won't find logic behind the traits that go with the facial features. With years of observation, and study of several faces, this subject has developed and so, believing it and relying on its accuracy, is totally subjective. I won't push you to follow my words blindly. Try and experiment with the knowledge and sooner or later you will trust and love the subject. My final words will of-course include the golden words that will help you develop trust and love for the subject, and they are PRACTICE and CONSISTENCY. Curiosity alone won't help you stay attached to this subject. PRACTICE and that too practicing it CONSISTENTLY will help you go the long way in face reading.

Chapter 3

Face Reading Guidelines

1. When you look at a face, go step by step. If you jump to look all over the face, you will end up getting confused. So, start with one facial feature at a time. Let's say, you look at the Nose size first. Now, focus on looking at the nose size only. Forget the shape of the nose and other facial features initially. Focus just on the size of the nose in comparison to other facial features. Always remember, there is nothing like a measurement tape which you can use to judge the size and shape of the facial features. So, when looking at the nose, compare it with the whole face and ask yourself a question, "Is the nose big in size when compared to the whole face?" If you get the answer, well and good, but if not, ask this time, "Is it looking small on the face overall?" If the answer is YES, then you are sorted. But if the answer is NO, then it could just be a medium-sized nose.

The Golden rule is, if it is not a prominent feature on the face, it is less valuable to the face reader. So, if the nose size is just medium, simply move to the next category of Nose like Nose shape or Nose tip. It is not necessary that every category will give you an answer. This way, complete all the categories of Nose and move to the next facial feature like eyes, ears, etc.

2. Once you are aware that you are only looking for the prominent features on the face, the next important factor is the time you take to analyse it. Make sure you don't look at one facial feature for too long. The longer you focus on one particular facial feature, the more difficult it is for your mind to give you the answer and instead it will make you realise that the facial feature that you are focusing on is just a perfect fit on the face. Let's say, for example, you look at the Nose - Size of any one person and you focus on the nose for a long time, eventually your mind will simply make it look perfect on the face. It is not that we don't get a perfect nose on the faces of people, but the longer you focus on any nose, your mind starts feeling maybe the nose is perfect for that face. So, the trick is to look at any facial feature for just 5 to 7 seconds and immediately note down your analysis. For example, I turn my eyes to look at your nose and in my mind, I am sure that I have to look at only the size of your nose and not the shape or the nostrils or anything else. As soon as my eyes see your nose, it immediately gets the answer (it's kind of your first instinct or call it, your first feeling). After I get the answer, be it a large nose, small nose or a well-balanced nose (Don't forget, I got this in 5 to 7 seconds) and then my eyes will look at the next

category of the nose that is Nose - Shape Side View. The same process will continue, and I will try to get the answer in 5 to 7 seconds for each category. Once I am done with nose analysis, I will then move to the next prominent facial feature.

3. The next important factor is to collect supportive points. So, let's say, I looked at a particular facial feature and jotted down the traits. Now, I am not supposed to jump and tell these points to my client. I will now look for other facial features and first complete the analysis of the whole face and then check which personality trait supports which one and which personality trait contradicts the other. Don't even think that you will not get contradictory points from the face analysis. Always remember, humans do have contradictory traits within. At one time, I can be aggressive, angry and forceful and within no time you can see me calm, peaceful, and even as the happy-go-lucky kind. One thing is clear that if you get supportive points, it strengthens your analysis and you can put those points out with confidence. But, what should you do when you get opposite traits in your analysis? You should neither worry about it nor think negative about the subject of face reading as a whole. You should simply understand that the person you are analysing has both the points within him/her and depending upon the situation that person will show the traits. If you are preparing a report for such a client, make sure you mention both the points clearly and make the client realise that though the points are contradictory, they have both these traits in them and will express those

traits depending upon the situation. At this point, the way you write diplomatically in the report and how you mix both these opposing points and present it in your report matters the most. You need not just hand over the face reading report to your client but instead explaining each and every point to your client verbally will go a long way. How you talk and explain every trait in detail, especially the contradicting traits and how you interact with your client overall will ultimately determine how good you are at face reading. Remember, the lesser the confusion in your client's mind, the better will be the feedback you get for your analysis. And the more satisfied your client is with the report, the more praises and new clients you can expect in the future. This helps maintain goodwill amongst your clients and gives you that extra boost of confidence in your reading and analysis.

Chapter 4

Author's Note

Lastly, Thank You for purchasing this book and letting me know that there is a good chance that your belief in a subject like face reading is there, somewhere within you. As the author of this book, I assure you that you will love the subject and the stories associated with my experiences. A small investment in purchasing this book and a big investment of time to read it, encourages me as a writer to express and share my knowledge with all of you. As a face profiler, this book will strengthen your belief in this subject and the probability of you using face reading in your daily life will increase. Reading this book for the first time might raise some questions in your mind as to whether this subject can be used in daily life, for practical purposes. If your mind is taking time to believe in this subject, let me tell you, it is absolutely normal. A subject like face reading attracts lot of people initially. Consider this like the honeymoon phase of every marriage. Everyone is super excited initially and then gradually many leave this subject midway, either because they lose interest in it or they have no idea of

how to use it in practical life or many just get busier in their daily life. The secret behind the application of face reading is not to lose interest in the subject and to be persistent in practicing the given knowledge on different people you meet. Knowledge alone will not help you achieve the edge over this subject. You got to practice, practice and practice till you finally get a silver lining that makes you realise that face reading is not just theory but an art that you acquire only after practicing on hundreds and thousands of faces on a daily basis. After all, only Practice makes Perfect. As to knowing whether you are analysing correctly or not, that can be checked by talking with the person whom you are analysing. Start a conversation with your friends, colleagues, acquaintances, and whoever is ready to know about themselves. This subject will attract a variety of people towards you and many will hide and stay away from you. Some might even run away from you if they get to know that you read faces. Since they may believe that you will tell them about their affairs or the dark secrets that they are hiding from all. Just ignore the people who run away or give you a strange look denoting that this whole subject of face reading is a hoax. You know, it really takes courage to stand up for yourself and do something that doesn't really fit into what the society completely believes in. It's not that face reading is going against the society but it sure is away from the usual. Getting into a subject like this and winning everyone's trust is not what you should aim for. Everyone is not your audience. Choose to experience the fun of this subject with like-minded people who have some belief in face reading and in you as well. With your current belief system and the law of attraction, you have managed to buy this book and read it for yourself. Similarly, you will find many others who are interested in this subject and look forward to hearing more from you.