

Petra Leimbach

Face Reading

meets

MANTRAS

Finding inner growth
through ancient knowledge
and deep wisdom



Mantra:

Man ~ spirit, intellect
tra ~ tool, instrument

"A mantra is a tool of the mind or the spirit", C. Stecher (2)

Mouth

It's beautiful to see where a smile begins to grow, the very earliest signs when the lips first part. Where does it start? The mouth or the eyes?

~ Surely it begins in the heart ~

~ Saraswati Mantra – mindful speech ~ (1)

People and their gifts for the world

Jade

The Jade face in the following photo shows us a sensitive individual who is open to others and has a deep affinity for art and aesthetics. Jade types seek inner growth and change, eager to constantly deepen their self-knowledge and make use of their abilities.

They are often underestimated when young. This is the root of the learning “Free yourself of everything that keeps you small” (3). So what could that be? Who or what can keep us small in life? The answer is often other people. Apart from our family of origin, these may be other people who accompany us along our journey, especially when we are young – teachers, educators, close friends, or even our first partner. They do not always have faith in our inner abilities.

This may be related to their perspective of us and is doubtless unconscious –but it may have an enormous impact on Jade face types. Jade people may need a lot of strength to identify these limitations and break free from them, but they need to take that road. Without personal change, they would never reach the achievements and the life that they are capable of. I mean this not only in career terms, but primarily as the chance to express themselves and live an authentic life.

Jade people are often artistically gifted and need to live and breathe their creativity. By doing so, they bring enrichment to many others and may even be messengers of beauty (3). But they can find themselves blocked by outdated doctrines or general conditioning.

The second half of life is important for Jade people, as a time when they can bloom and flourish. Even if they have never done anything about it before, this is finally the time when they can walk that path. During this period of life, many Jade people embark on a new career or take up a new pursuit outside work, doing what they want to do. This is captured by the phrase ‘an affair of the heart’. These new pursuits are often of an artistic or healing nature – perhaps well-established methods of treatment, crafts or other enriching activities.



Laura is an animal- and nature-lover; she also loves mantras. She is particularly fond of healing Native American chants and ceremonies from her ancient culture, which connect her to her roots and her origins. Mantras bring her peace.

The Saraswati Mantra is a good fit here. It celebrates femininity, harmony and artistic abilities.

Om Eim Saraswatiyei Namaha (1)

Another suitable mantra is the Ganesha Mantra for removing obstacles.

Om Gam Ganapathayei Namaha (1)

Tree

In siang mien, the face in the next photograph is classified as a Tree face form. Individuals with Tree faces seek inner growth in the same way that growth is part of a tree's life. These people need to be open to opportunities for personal development. However, establishing strong roots is also an intrinsic part of the tree. A learning for Tree types states that Trees should "find their own place instead of letting others tell them where it is" (3).

Putting down roots refers to more than a place to live; it also applies to inner values.

Questions that support this insight could be: What are my values and ideals? Who do I want to be? Where do I live and who is with me, accompanying me in my life?

Trees are enclosed in protective bark; they tend to keep their thoughts to themselves. This means other people may often fail to notice if a Tree is having problems. Where has the Tree closed itself in? The invitation to a Tree is therefore, "Open up your bark" (3).

But giving is also intrinsic to a tree's nature. Many trees bear fruit that we can use. And we love to sit under a tree in its shade and lean against its trunk. In other words, we accept something of the tree as a gift, a 'talent'. So who will you give your talents to? Who do you enjoy sharing with, and why? And who not? Which people give you something, or are there for you? Tree types are often at home in leadership roles. Do you already fill a leadership role, or do you long to do so?

There are two mantras that fit this situation:

Om Dhara Dharayei Namaha (1)

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FaceReading meets MANTRAS

A marvellous meeting
of two teachings!

Petra has drawn on her intuition and creativity
to create a new form of support:
she has brought two ancient teachings together – the art
of face reading and the art of millennia-old mantras.

This book is an inspiration and a creative guide
for anyone interested in inner growth.



D 19,85 €
A 20,85 €

