



# Face Reading in Chinese Medicine

## Emotional Roots of Disease

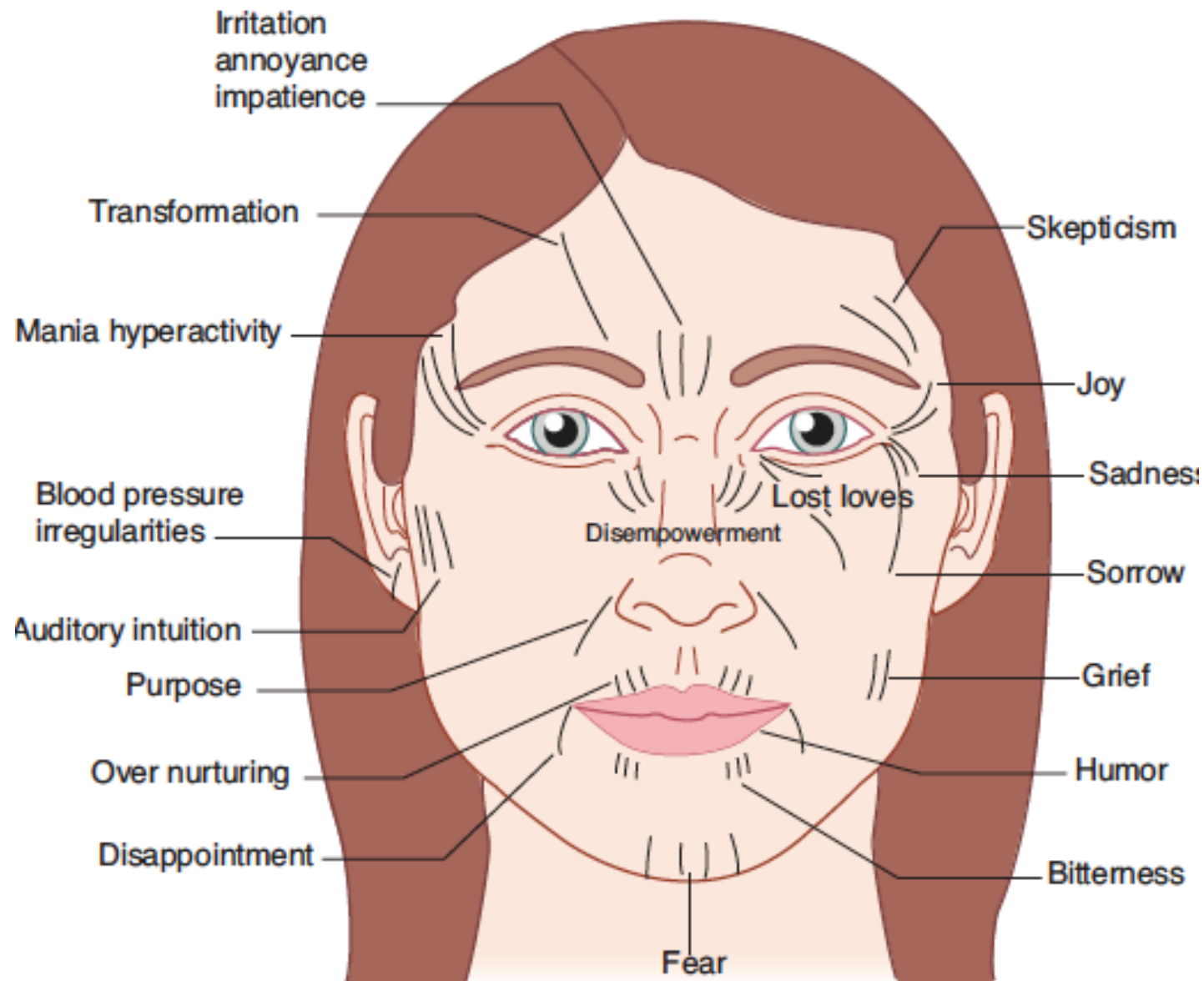
Lillian Pearl Bridges

# Mountains and Rivers

## Fundamental Yin and Yang



- Mountainous Features are those with bone: Forehead, Nose, Cheekbones and Jaw
- River Features are those associated with fluids that exude: Ears, Eyebrows/Eyes, Nostrils/Groove, Mouth
- They create a Topographical Map
- Marking Mountains are harder than marking Rivers so the markings may be more important
- Plains are the features where flesh/earth can accumulate to create warehouses
- Valleys are places where the energy sinks
- Wrinkles are signs of overly expressed or repressed emotions and are signs of heat



## The Emotional Map





	Water	Wood	Fire	Earth	Metal
Organs	Kidney	Liver	Heart	Spleen/ Stomach	Lungs
Body parts influenced	Low back Knees Brain	Tendons Neck Head	Hands Chest Ribs	Pancreas Large Muscles Midback Abdomen	Skin Body hair Upper back Shoulders
Body type	Shadowed eyes Big bones Wide hips	Tall/sinewy Short/ energetic	Small Narrow hips Redness or flush in neck	Rounded Fleshy Plumpness	Small boned Fair skinned Aquiline features
Correlating facial features	Ears Forehead Chin	Eyebrows Browbones Jaw	Eyes Lines Tips/ corners	Mouth Lower cheeks Above lips	Nose Cheekbones Moles
Needs	Being Water Time alone Creativity	Doing Trees, plants Focus Intensity	Playing Color Light, heat Talking	Family and friends Comfort Things	Order Purity Boundaries Space and time

# Diagnostic Colors on the Face

The markings and coloration in certain areas of the face show current functioning of the related organs. The basic colors are:

- Red – Inflammation
- White – Frozen
- Dark – Stagnation
- Green – Toxicity
- Yellow – Putrefaction/Phlegm

Suwen 39:

"The five depots and six palaces, they definitely all have corresponding sections. When inspecting the five colors there, yellow and red represent heat, white represents cold, green-blue color and black represent pain. This is the so-called from inspection one can obtain insight."

These Colors can also be representative of emotions held in the body.

# The Five Element Human Emotions

Kidneys: Fear causes Qi to descend

Liver: Anger forces the Qi to rise upward and concentrate

Heart: Excitement makes the Qi scatter and becomes chaotic

Stomach: Worry makes the Qi become stagnant

Lungs: Grief causes the Qi to become exhausted

These are the human emotions and are useful and protective in daily interactions and for interpersonal communication.

However, they can be overused and underused, which can cause harm to the body.

# The Healing Transcendent Emotions

- Wisdom calms Fear and brings peace
- Human Kindness/Empathy Pacifies Anger and dissolves it
- Happiness and Self-Love slow, warm and open the Heart
- Learned Instinct moves you in the right direction from a centered place
- Gratitude lightens Grief and makes you feel fulfilled and look beatific - shining with an inner glow



# The Confucian Five Virtues

- Water – Rouhe - The Virtue of Softness and Harmony – respect for the wisdom of the sages and submission to the forces beyond human control and understanding
- Wood – - Zhuyi - The Virtue of Firmness and Purpose – clear intention of selfless service, empathy and commitment
- Fire – Mingli - Manifesting the Virtue of Illumination of the Heavenly Principle – word choices guided by the clarity of personal experience - an Honest Heart
- Earth – Xinshi - The Virtue of Integrity and Trust – faithfulness to self and acknowledgement of perfection of the sages's internal voice
- Metal – Xiangliang - Radiance of Sound and Light – artistic presentation and elegant language allow the message to radiate with brilliance

***Twelve Characters, A Transmission of Wang Fengyi's Teachings***

Translated by Sabine Wilms

Disease	Related Issues	Negative Emotions	Healing Actions
Heart	Abandonment Broken Heart	Loneliness Lack of Joy/Fun/Love	Enjoyment/Play Giving & Receiving Love
Cancer	Other Directedness Following Rules	Overnurturing Other Toxified Trauma	Caring for Self Authenticity Releasing Jing Talents
COPD	Deep Sorrow Unresolved Grief	Excessive Suffering Living in the Past	Gratitude Living in the Present
Strokes	Pressure/Resistance	Repression	Expressing Accepting Change
Accidents	Reckless Liver Qi Going too fast	Rebellion Impatience	Patience Allowing
Alzheimer's	Fantasy/Imagination Wanting to Forget	Denial Emotional Drama	Acceptance Forgiveness
Diabetes	Nurturing Dependency	Bitterness Resentment	Giving to Self Experiencing Pleasure
Pneumonia/Influenza	Boundaries Over Socialization	Feeling Bombarded Fear of Getting Sick	Independence Strong Sense of Self
Kidney Disease	Willfulness Crystallized Anger	Fear of Stillness Fear of Knowing	Courage to Be Being Intuitive
Septicemia	Absorbing Toxicity	Feeling Attacked	Believing in Positive Outcomes