



# Face Reading in Chinese Medicine

## Emotional Roots of Disease

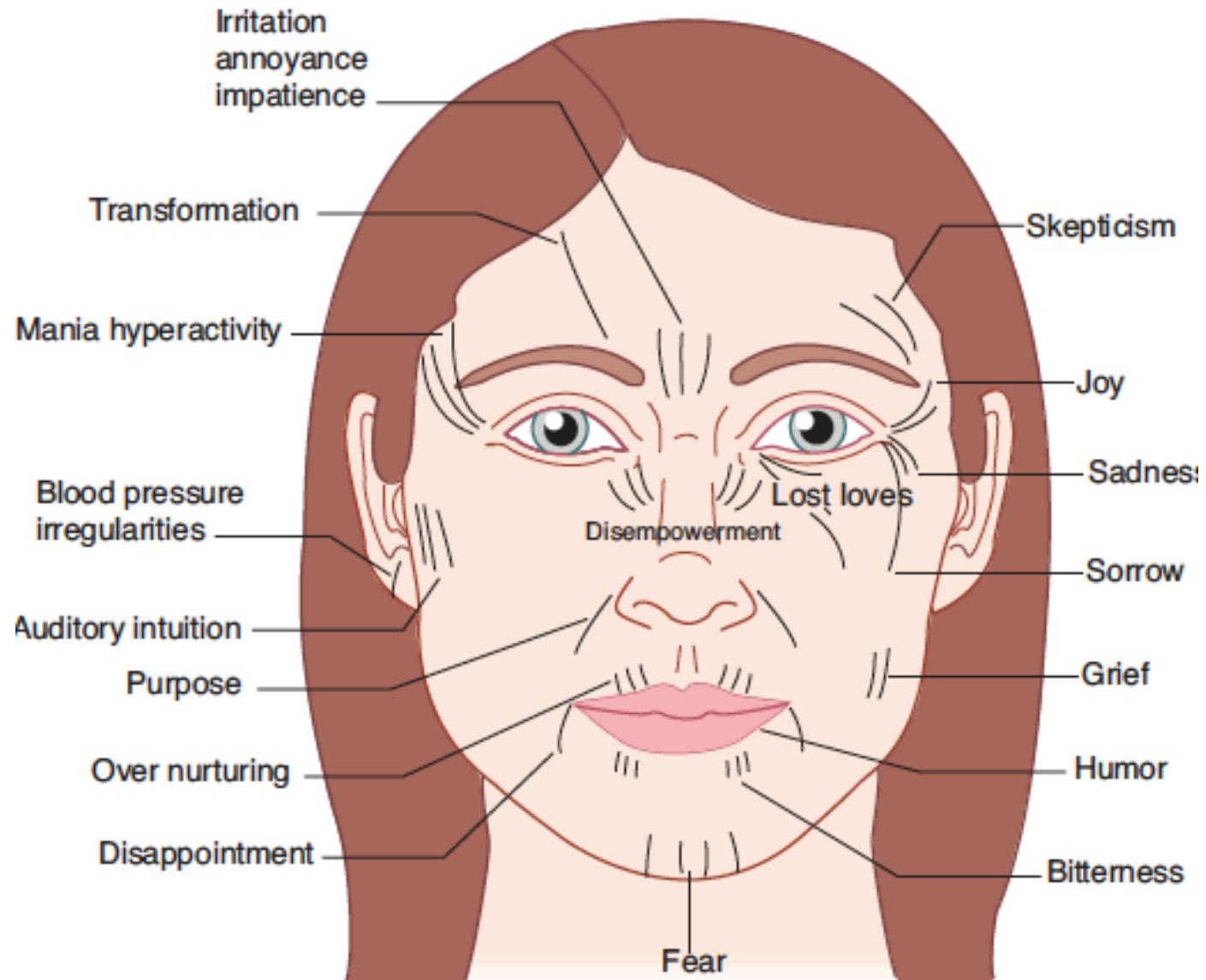
Lillian Pearl Bridges

# Mountains and Rivers

## Fundamental Yin and Yang

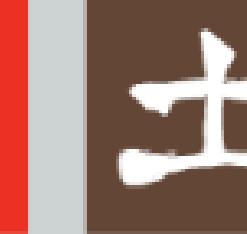


- Mountainous Features are those with bone:  
Forehead, Nose, Cheekbones and Jaw
- River Features are those associated with fluids that exude: Ears, Eyebrows/Eyes, Nostrils/Groove, Mouth
- They create a Topographical Map
- Marking Mountains are harder than marking Rivers so the markings may be more important
- 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/<br>Stomach  | Lungs   |
| Body parts influenced       | Low back<br>Knees<br>Brain  | Tendons<br>Neck<br>Head  | Hands<br>Chest<br>Ribs  | Pancreas<br>Large<br>Muscles<br>Midback<br>Abdomen                                  | Skin<br>Body hair<br>Upper back<br>Shoulders  |
| Body type                   | Shadowed<br>eyes<br>Big bones<br>Wide hips  | Tall/sinewy<br>Short/<br>energetic   | Small<br>Narrow hips<br>Redness or<br>flush in neck                                 | Rounded<br>Fleshy<br>Plumpness  | Small boned<br>Fair skinned<br>Aquiline<br>features                                 |
| Correlating facial features | Ears<br>Forehead<br>Chin  | Eyebrows<br>Browbones<br>Jaw   | Eyes<br>Lines<br>Tips/<br>corners   | Mouth<br>Lower cheeks<br>Above lips   | Nose<br>Cheekbones<br>Moles   |
| Needs                       | Being<br>Water<br>Time alone<br>Creativity  | Doing<br>Trees, plants<br>Focus<br>Intensity                                       | Playing<br>Color<br>Light, heat<br>Talking  | Family and<br>friends<br>Comfort<br>Things  | Order<br>Purity<br>Boundaries<br>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 sage'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<br>Broken Heart              | Loneliness<br>Lack of Joy/Fun/Love        | Enjoyment/Play<br>Giving & Receiving Love                 |
| Cancer              | Other Directedness<br>Following Rules    | Overnurturing Other<br>Toxified Trauma    | Caring for Self<br>Authenticity<br>Releasing Jing Talents |
| COPD                | Deep Sorrow<br>Unresolved Grief          | Excessive Suffering<br>Living in the Past | Gratitude<br>Living in the Present                        |
| Strokes             | Pressure/Resistance                      | Repression                                | Expressing<br>Accepting Change                            |
| Accidents           | Reckless Liver Qi<br>Going too fast      | Rebellion<br>Impatience                   | Patience<br>Allowing                                      |
| Alzheimer's         | Fantasy/Imagination<br>Wanting to Forget | Denial<br>Emotional Drama                 | Acceptance<br>Forgiveness                                 |
| Diabetes            | Nurturing<br>Dependency                  | Bitterness<br>Resentment                  | Giving to Self<br>Experiencing Pleasure                   |
| Pneumonia/Influenza | Boundaries<br>Over Socialization         | Feeling Bombarded<br>Fear of Getting Sick | Independence<br>Strong Sense of Self                      |
| Kidney Disease      | Willfulness<br>Crystallized Anger        | Fear of Stillness<br>Fear of Knowing      | Courage to Be<br>Being Intuitive                          |
| Septicemia          | Absorbing Toxicity                       | Feeling Attacked                          | Believing in Positive Outcomes                            |