Face Reading: The Face as a Microsystem

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Signs of Jing on the Face

• The Cartilage of the Ear can be evaluated for strength and flexibility indicating quality and quantity of inherent Jing in terms of physical constitution and spirit.

• The Upper Forehead shows the ancestral gifts - talents, abilities, interests and desires from mother’s and father’s families and is called the Palace of Inheritance.

• The Philtrum reveals potential fertility and creativity and is called the Palace of Immortality.
The Sea of Yang
The Sea of Yin

The Palace of Inheritance
The Palace of Immortality

The Seas of Yin and Yang

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Childhood
Mid Life
Old Age

Even Jing infusions throughout life
Most Jing present in childhood
Most Jing present in mid-life
Most Jing present in old age

The Lifeline of the Face

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The Facial Map

• The oldest manuscript in Chinese Medicine showed the Facial Map on the first page

• The second page was a map of the facial meridians

• The original map had 150 age positions meaning that a someone could potentially live to be 150 years old

• Markings indicate frozen Jing due to traumas occurring at a specific ages

• A topographical map of life experiences and are primarily horizontal lines
Facial Maps of Life Experience

Numbers indicate Chinese age. Subtract 1 year for Western age.

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Age Markings on the Ear

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The Emotional Map

- This is the map of previously felt, expressed and/or repressed emotions.

- Expressive people will naturally have more lines and repressed people will have more discoloration.

- Wrinkles are not always permanent and can be released when the stuck emotion is resolved.

- These lines and wrinkles are primarily vertical and diagonal.

- These lines give you valuable information about the emotional nature of a person – how they have felt frequently in the past and what they are likely to feel in the future.
The Emotional Map

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## Features and Elements

<table>
<thead>
<tr>
<th>Elements</th>
<th>Water</th>
<th>Wood</th>
<th>Fire</th>
<th>Earth</th>
<th>Metal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Organs</td>
<td>Kidney Bladder</td>
<td>Liver Gallbladder</td>
<td>Heart Small Intestine</td>
<td>Spleen Stomach</td>
<td>Lungs Large Intestine</td>
</tr>
<tr>
<td>Facial Features</td>
<td>Ears  Hairline Upper Forehead Under-eye Philtrum Chin</td>
<td>Eyebrows Browbone Sclera Eye set Temples Jaw</td>
<td>Eyes - Shen Tips and Corners of Every Feature Wrinkles</td>
<td>Mouth Lips Bridge of nose Upper lip area Upper Eyelids Moneybags Warehouses</td>
<td>Nose Nostrils Cheekbones Upper Cheeks Skin White Spaces</td>
</tr>
</tbody>
</table>
Qi of the Organs

- Kidney Qi is seen under the eyes and in the chin. Fertility is seen in the philtrum.

- Liver Qi is seen in the whites of the eyes (the sclera), the Seat of the Stamp and the temples.

- Heart Qi is seen in the tip of the nose and the tip of the tongue.

- Stomach Qi is seen in the area above the upper lip. Spleen/Pancreas Qi is seen in the bridge of the nose.

- Lung Qi is seen in the cheek area and in the quality of the skin.
Leading Causes of Death (2008)*

The leading causes of death from the Center for Disease C were:

1. Diseases of heart
2. Malignant neoplasms/Cancer
3. Chronic lower respiratory diseases
4. Cerebrovascular diseases/Strokes
5. Accidents (unintentional injuries)
6. Alzheimer’s disease
7. Diabetes mellitus
8. Influenza and pneumonia
9. Nephritis, nephrotic syndrome and nephrosis
10. Septicemia
11. Intentional self-harm (suicide)
12. Chronic liver disease and cirrhosis
Basic Tenets of Facial Diagnosis

• The psychological and emotional underlay of disease can be mined from the Facial Maps of Life Experience and Emotions.

• Many diseases are influenced by trapped fire (inflammation). This along with toxic emotions can be considered causative factors.

• Trapped Fire is created by held and misplaced emotions and from self-created internal wind - fire backdraft - caused by the rekindling of old issues and patterns.

• The emotions particularly associated with trapped fire include guilt, shame, resentment and embarrassment.

• The Wei Qi requires strong boundaries, healthy self esteem and living by personal ideals to flourish.
Treatments Recommended based on Facial Diagnosis

• Organs can hold the emotions they are responsible for, but if emotions are deeply repressed, the secondary organs will be affected. Treat by using Du Channel points for Yang organs and Ren Channel points for Yin organs along with the secondary organ points on the face for the release of those emotions.

• Weak organs can send their emotions to a stronger organ. That organ will then go into distress, but treating only the physical symptoms will not completely heal that organ – the emotion must be released. This requires needling the appropriate lines of the Emotional Map. Next, it is necessary to treat the originating organ to strengthen it so it can handle its’ own emotion in the future.
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