

Face Reading For Fun and Profit
Level 1.5
Reading Between The Lines



Introduction To The Metal Element
Boundaries and Borders of the Face

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Face Reading For Fun and Profit Level 1.5 **White Spaces – Boundaries and Borders**

TCM Theory Note– The Boundaries and Borders Between Facial Features Belong To The Metal Element Which Governs Borders, and Boundaries.

Therefore, it is not uncommon to see Metals Influence in Facial Characteristics Governed By One of The Other Elements.

Many of These Metallic Elements Mirror The Traits of The Facial Characteristics Under the Domain of The Other Four Elements. But Can Also Stand Alone When Attributes of a Facial Feature Indicate Something Else.

For Example,

It is Possible To Measure and Assess The Height and Width of a Persons Forehead and Extrapolate Characteristics Regardless of Whether the Persons Hair Line Is

- M-Shaped,
- Shows Mothers Influence,
- or Is Irregular.

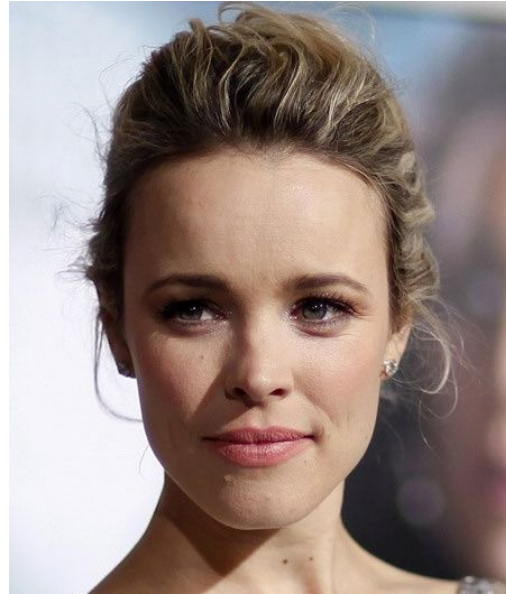
We Can Also See Metals Influence With Regard to the Shapes of the Forehead Itself Whether

- Extrapolative.
- Linear Thinking
- or Imaginative/Creative

FRFP Level 1.5 – White Spaces

Wider Forehead

A Wide Distance Across the Forehead Indicates Open-Mindedness and an Expansive Mind



Narrower Forehead





Narrower Forehead:

- Limits Thinking To More Specific Tracks of Interest

Higher Forehead



Higher Forehead:

Implies Intellectual Ability and Learning From Others

- Intellectual Mind
- Philosophical Nature
- Expanded Thinking

Lower Forehead



Lower Forehead

Learns best from personal life experience – must make their own mistakes

- Indicates need to learn things experientially
- Not as much from school, book's, or other people
- More Pragmatic Mind

Chapter Notes:

FRFP Level 1.5 Whitespaces of the Brow line

Wide Set Eyebrows



Wide Set Eyebrows

Width Between the Eyebrows is a sign of Tolerance and Acceptance

Lack of Judgmental Thinking – See “Fathers Blessing” *FRFFP Level one*

- Good Relationship with father figure
- Expansive Space Gives More Tolerance
- Belongs to People Who Have Breadth of Vision and Can See The Big Picture

- Tend to Flexible, Adaptable and Open Minded
- See Life and Knowledge with Broad Perspective and Usually a Dislike of Details
- Can Have Trouble Concentrating/Focusing
- Tend to Innovative Thinkers
- More Tolerant of “Alternative Living and Thinking

Narrow Set Eyebrows



Narrow Set Eyebrows

- Dislike of Authority and Prefer Being Own Boss
- Less Tolerant
- May Have Trouble Working Within a Hierarchy

- Happiest Going Into Business For Self
- Need to Be In Jobs Where They Are Given Lots of Freedom
- Tend to Have Keen Powers of Observation
- Very Analytical
- Tend To Focus On Details
- Maybe Less Tolerant of People With Different Viewpoints From Their Own
- Perspective is Sometimes Narrow
- Can Usually Concentrate Really Well

White Spaces – Eyes and Eyebrows Zone 2 – Practical Zone

TCM Theory Notes– The distance between the eyebrows and the eyes relates to the metal element as well

Eyebrows Set High Above The Eyelids



Eyebrows Set High Above The Eyelids

- Enhanced Pride
- High Personal Expectations
- Often Seen As Eyebrows Above The Browbone
- Often Appear Aloof or Distant

Eyebrows Close To The Eyelids



Eyebrows Close to The Eyelids

- Also Known as “Coaches Eyebrows”
- Usually Belong to Affable People Who Have High Expectations for Other People But NOT Necessarily for Themselves
- Tend To Get Very Personally Involved With Their Student, Charges, Proteges and Mentees with Whom They Are Trying To Mold and Change
- The Lower The Eyebrow The More Involved These People Get With Their Students, Charges and Proteges.
- There are Few Boundaries For People With These Eyebrows

- Relationships Tend To Be Very Symbiotic and Intensely Personal
- They Often Have Trouble Separating Themselves From Those Close To Them and Can Often Come to View Their Charges as “Ego Extensions”
- Low Eyebrows Indicate a ”Deficiency of the Metal Element”
- Eyebrows That Appear High Enough To Show The Eyes Clearly, But are Not Too High Signify “Balanced Metal Element”
 - These Subjects Have Higher Self-esteem, Healthy Boundaries, and Clear Sense of Self and Other.

Eyebrow Hairs – Measuring Self Esteem and Self Confidence

Eyebrow Hair Slant – The direction the eyebrow hairs point directly correlates to the Subjects current level of Self-Esteem and/ Self-Confidence

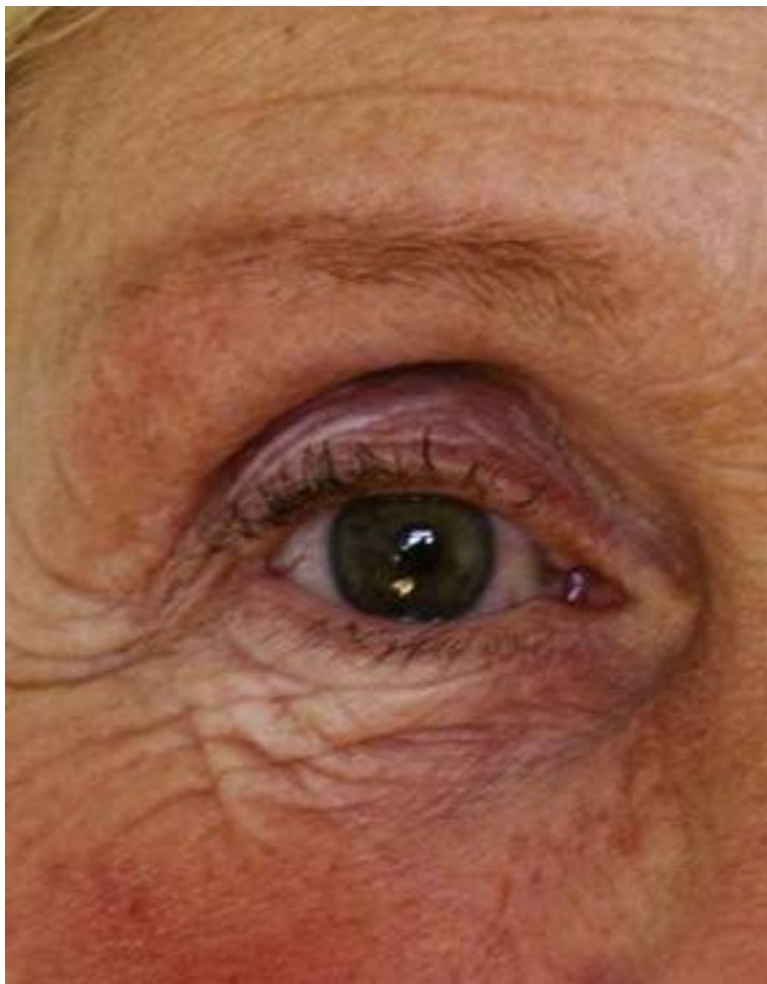
- **Eyebrow Hairs Pointing Downward** Indicate Low Confidence or Self-Esteem
- **Eyebrow Hairs Pointing Upward** Indicate Higher Levels of Self-Confidence and Self Esteem
- **Eyebrow Hairs that Grow Toward the Fathers Blessing Area** Indicate a Subject with An Excessively Large Ego
 - Their Claims Often Do Not Match Their Abilities To Achieve Them (Braggadocio/Megalomania/Narcissistic)
 - Suffer From Excessive Ambition and Often Experience Disappointment Because They Tend to Over-Reach Their Goals

FRFFP Level 1.5 White Spaces – Borders and Boundaries - Eyes and Eyelids

TCM Theory Note: The **Amount of Eyelid** Showing Corresponds To the **Metal** Element – The **Eyelids Themselves** Correspond To The **Earth** Element

The **Amount** of Eyelid That Covers The Iris Is Also A “**Metal-Based**” Trait

Deep Hollow Upper Eyelids



Deep Hollow Upper Eyelids

- Indicate Grief and Suffering
- Inability to Nourish Oneself In an Earthy Way When Distressed
- Can Suffer For Love, Feels Others Suffering Easily (Empathic)

Eyelids Covering The Iris



Eyelids Covering The Iris

If Either Eyelid Covers Up Part Of The Iris It Indicates The Bearer Is a Private Person

Drooping Eyelids:

Eyelid Droops In The Center



When the Eyelid Droops In The Center Creating a Relatively Straight Line Across the Iris

- The Subject is A Fair and Objective Person That Can See Things From Another Person's Point Of View.
- This Person Has A Strong/Balanced Metal Element

Critical Eyelids



Critical Eyelids

When The Eyelid Comes Down over the Outside Corners of the Eye

- Indicates That the Subject Has Been Criticized In The Past and Is Now “Self-Critical”
- **Right Side Shows Criticism From A Female** – Mother, Wife, Or Other Important Female Figure In This Persons Life.
 - Including Yourself if You Are Female.
- **The Left Side Shows Criticism From Father**, Husband or Other Important Male Figure
 - Including Yourself If You Are Male.
- (Self) Criticism Highly Correlates To Auto-Immune Dysfunction

Lower Eyelid Rises:



Lower Eyelid Rises

When the **Lower Eyelid Rises** and Covers The Iris It Indicates an **Extreme Protective Desire For Privacy**

Triangular Eyelid Drooping Configuration



Triangular Eyelid Drooping Configuration

- Indicator of Abuse In The Past

When the **Eyelids Droop In a Triangular Shape** It Indicates

- Bearer Suffered Abuse In The Past
- Can Shut Down Their Emotions When Angry, Especially Kindness and Compassion
- Sign of Severe Metal Deficiency and Ego Problems
- Resentment and Blame Are Used To Cover Up Deep Sense of Inadequacy and Hatred Is A Common Emotion

FRFFP Level 1.5 White Spaces - Borders and Boundaries of the Nose and Mouth

Longer Philtrum



Longer Philtrum:

- Indicates a subject who can take teasing, does not take teasing personally
- Tend To Be Removed From The Feeling of Being Attacked
- Can Enjoy Practical Jokes

Shorter Philtrum



Shorter Philtrum:

- Indicates Subject is Sensitive To Criticism and Can be Very Touchy When Teased.
- Does Not Respond Well to Teasing or Being the Focus of Practical Jokes
- Tends to Feel Very Physical Hurt and Discomfort When Teased, Criticized or Given Any Form of Negative Feedback.
- Takes Things Personally, But May Not Always Show It.

Face Reading for Fun And Profit Level 2.



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Metallic People –

Metal people have near symmetrical features and any refinement of the features or bone structure indicates the influence of the metal element – metallic elements always have a more ‘refined’ delicate or detailed or clearly-defined quality to them regardless of which body part is in question.

Because of this “refined” quality metal people are most often perceived as “aristocratic, poised, composed and well-mannered regardless of social class This level of sensitivity, attention to detail and refinement often cause them to be viewed as difficult, picky or expensive i.e. high maintenance.

Metallic people tend to be overly sensitive both physically and emotionally, however unlike the fire element which seeks to express all emotions, the metal element holds back or ‘represses” emotion and moderate’s self-expression. This is another reason why metal people are often perceived as composed, unemotional or aloof.

The metal element influences all the boundaries of body and is responsible for distance and closeness of all facial features.

Face Reading for Fun and Profit – Level 2

NOSE NOTES – Elemental Designation - METAL

Diagnostically – The nose is a hologram for the spine. Consequently, the health of the back and spine can be accurately assessed via examining the bony architecture of the bridge of the nose.

Other Metal Areas of the Body -

- Shoulders and Upper Back
- Colon/large Intestine
- The lungs – Bronchi, Mucus Membranes
- Skin – Distance Between Features – “whitespace of the face”
- Body Hair
- Cheek Bones/Upper Cheeks
- Lower Cheeks (Earth Associated)

Nasal Architecture: - Primary Features of the nose

- Bridge – top and bottom
 - Length
 - Width
 - Fleshy/Bony
 - Extension
- Nostrils
- Alae

Psycho-Emotional Correspondences:

- sorrow, grief, sadness, gratitude
- ego strength,
- boundaries,
- self-esteem,

- self-worth
- the feeling of lack or plenty.

Bridge of the Nose:

Bridge of nose between eyes corresponds to spleen (minor earth area)

- Spleen top side
- Pancreas between eyes and sides of nose

- long lines extending from liver area to area below the eyebrows indicate overthinking, excessive concentration or worrying
- color in this area also indicates blood sugar regulation issues

Money Box of the Face –

The relationship between the upper width of the bridge of the nose to the relative width of the base of the nose including the nostrils indicated how much money/energy a person could accumulate or lose over time.

- The bridge of the nose was believed to represent how much energy/money you can take in.
- The relative width of the bridge of the nose indicates how much energy/money a person could take in.
- The base of the nose including the nostrils indicates how much money/energy can be saved or lost.

Money Box Pt 2 – Top of the Funnel

Big/Wide Bridge of Nose – The bigger or wider the top of the funnel the more energy/money can come in.

Small/Narrow Base of the Nose Including the Size of the Nostrils indicates how much energy/money can be saved, or how a person is most likely to spend or save money/energy

The size and dimensions of the feature dictate the strength of the element.

The bigger, stronger, More defined, or beautiful the nose is the stronger the metal element and the traits it expresses. Smaller Nose equals a smaller level of that trait or in some cases its opposite.

The size and dimensions of a person's nose relates largely to how they view themselves internally as well as in relation to the world around them. Their sense of possibility, ambition, and desire to achieve.

The nose relates to

- ego strength,
- boundaries,
- self-esteem,
- self-worth
- the feeling of lack or plenty.

Large Noses – Chinese medicine theorizes that people with long noses evolved as a survival characteristic for nomadic tribes folk living in cold environments.

The longer nasal passages would provide a tube to warm the cold air as the tribe's folk would breath.

As one could probably extrapolate, living in a harsh, hostile and often cold environment demands the development of a strong sense of self and ego to feed the a person's survival instinct, hence the correspondence with large or long noses indicating a **strong ego, sense of boundaries, ambition and sense of deservingness**



Large Noses -

- *Often signs of personal power*
- *Strong Ego/Ego Needs –*
- *Strong Belief In Self,*
- *Survival Instinct*
- *Ambition*
- *Sense of Deservingness*

Large noses are usually a sign of a strong sense of self and personal power. Subjects with large noses tend to use their power in the drive to make the world a better place.

Metal energy tends to focus on “ideals” over things and therefore these powerful people will often use their power in the direction and pursuit of an “ideal” rather than simple monetary goals.

People with large noses have a strong sense of self and want to be recognized for their individual accomplishments rather than as part of a group.

Show potential for large ego, related to the lungs and therefore symbolic of large lungs – When these people feel good about themselves the puff up or influence much like a balloon, this causes the chest cavity to expand, the shoulders roll back and person can project their voice and announce clearly and loudly.

When the person is feeling badly about themselves the balloon of the lungs deflates, the chest collapses, and shoulders roll forward further compressing the lungs and reducing the ability to breath, take in air or speak well.

Small Nose –



Small Noses :

- People with small noses tend to have less confidence
- More of a desire to have fun -play is particularly important to people with small noses
 - These people need to have a feeling of “play” even while working
- Tend to have a desire to blend in with the crowd rather than stick out, (contrast a large nose person’s desire to “Stand Out” in a crowd.
- Tend to prefer an easier lifestyle and a more relaxed work atmosphere
- Often long for the “Glory Days of Old” when life was less rushed, and people were friendlier – do not embrace change quite as quickly as large

nosed people.

- Enjoy group activities and prefer to be part of a family or group
- Tend not to be as personally ambitious as large or long nosed people so they tend to better in teams and make very loyal employees

Longer Noses



Longer Noses –

- Longer Nosed people tend to have more of a lone wolf or “loner” mentality
- These people **have a subtle but strong drive to succeed despite** obstacles
 - Contrasted with the more “obstreperous” large nosed variety
- Like their Large Nosed Counterparts long nosed subjects tend to
- Be ambitious
- Have a willingness to work hard to achieve their goals
- Feel a strong sense of accomplishment

Variations on the Long or Large Nose Include:

Extended or Elongated Nose –aka – The Trail Blazer/Pioneer Nose



Nose extends or “protrudes” outward from the plane of the face into the forward or frontal plane

The subject is considered to have an elongated or protruding nose when the nose extends more than an inch from the face.

Trail Blazers Nose

- The trailblazer is a pioneer, always looking to do things in a new or different manner
- Dislike routine and following the herd
- Have a pioneering spirit and sense of adventure – seeking their fortunes in the world.
- Tend to be progressive in the way they think.

Flatter Noses



Flatter Noses: “The Traditionalist – Cooperative, Group Oriented”

- Belong to people who are content to live life as they have always lived it
- Slower to grasp innovation and change
- Prefer old-fashioned way to the new-fangled

- Tend to be more conforming and much less adventurous
- Often have security issues and prefer the anonymity of groups
- More likely to travel “with” someone or go on tours and cruises
- Have trouble comprehending the allure of dangerous expeditions, except to experience them vicariously
- Tend to be cooperative and work well with other people or within a family
- Prefer achievements that come from group effort

Fleshy Nose

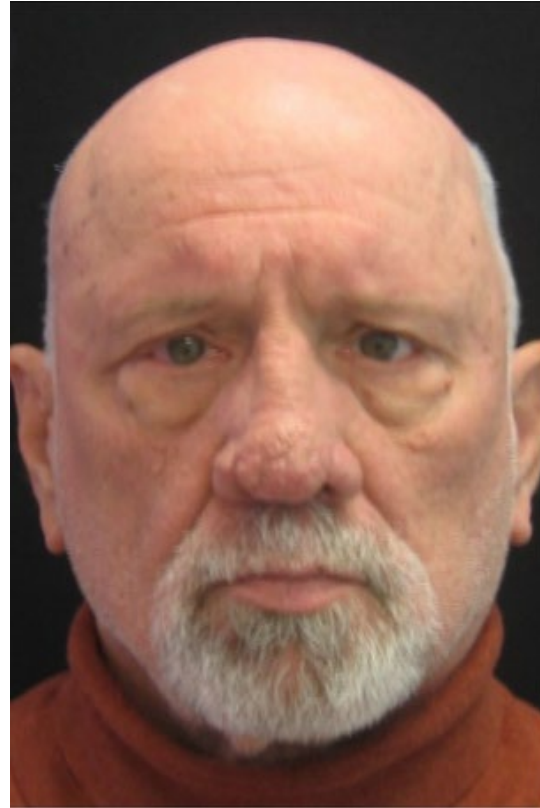
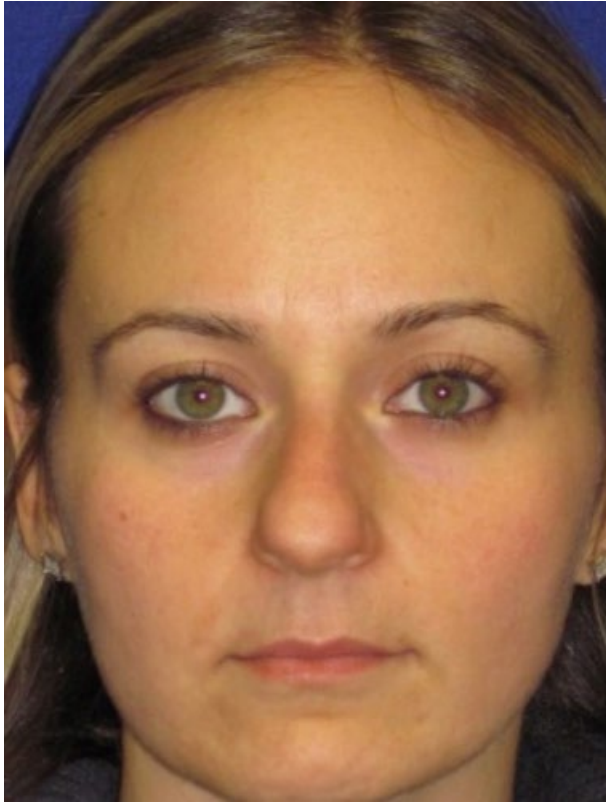


Fleshy Nose - “The Money Nose”

- Sign of Materialism
- Indicates the ability to appreciate and accumulate things
- Tend to derive pleasure from having lots of things

- Can accumulate simply for the joy of having large quantities of “stuff”

Bulbous Nose



- subject may overindulge in physical pleasures of the world..

Thin/Narrow Nose



Thin/Narrow Nose (aquiline) - "The Idealist"

- Tend to value ideals over money
- Tend to value ideals over things
- Care more about quality rather than quantity
- Cares more about the quality of beauty of the things they have rather than how much of it they have
- Would rather have exactly what they want rather than manage with something temporary so they will often choose to live without

Bony Nose



Bony Nose-

- Indicates a person who eschews material things and would rather live simply and in some cases ascetically
- Often value a lifestyle based on “values and ideals” or in extreme cases – monasticism.
- Often Prefer hardship to pleasure
- Works extremely hard but does not do it just for the money, cares more for ideals and causes

Bridge of Nose – Wide



Wide Bridge of Nose – (see money box)

- Strong Spine
- Has more strength and stamina
- Can work harder

- Make Money In Large Amounts
 - Person has extra energy for making money
- Money Comes More Easily and In Larger Quantities

Narrow Bridge of Nose

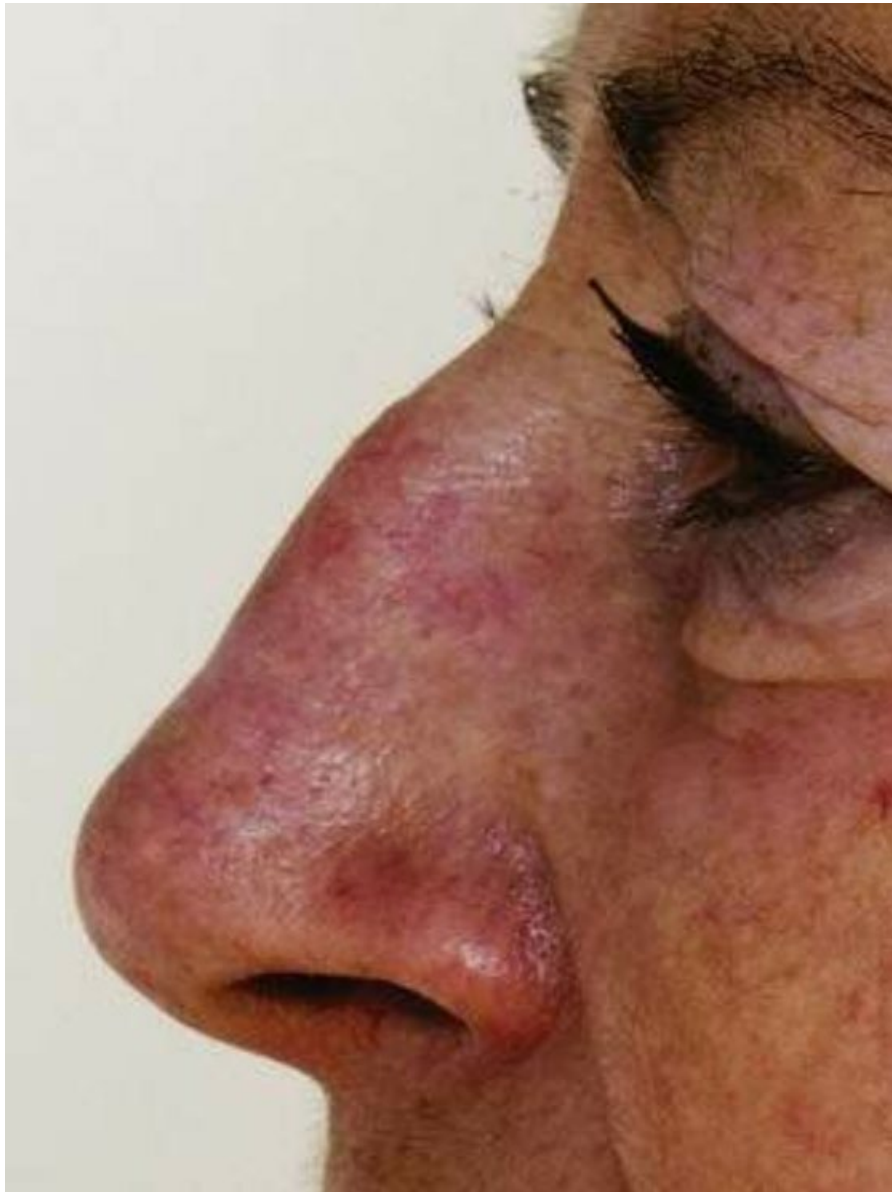


Narrow Bridge of Nose (*see money box*)

- More Delicate Spinal Structure
- Less Energy For Working In A Manual Way
- Not Well Suited For Physical Labor

- Do better at mental types of labor
- Tend to accumulate money in smaller amounts because they lack the stamina for prolonged physical labor

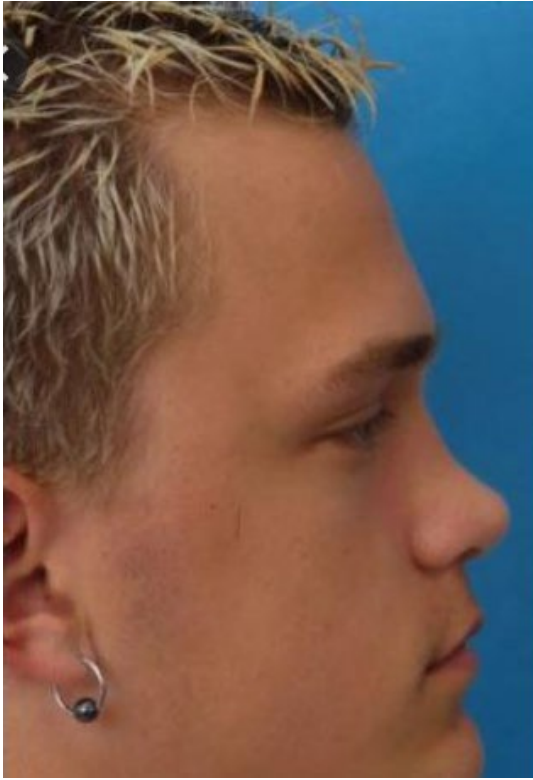
Bumps in Bridge of Nose



Bumps In Bridge of Nose

- Sign of someone who wants to be in charge
- Indicates a high degree of pride – person may make a good leader but a bad follower

Upward Turned Nose



Upward Turned Nose -

- If nose slopes and then turns upward subject is more of a follower than such a nose would indicate
- The work of this individual eventually pays off because the energy down the nose is said to come back to this person later in life.

Nostrils – (see money box)

Governs how money/energy is saved or spent.

Wide Nostrils



Wide Nostrils

- Indicate a person who can spend money/energy very easily and in large amounts
- Easy come, easy go

Large Nostrils



Large Nostrils -

- Can spend money/energy in large amounts at one time

Narrow Nostrils



Narrowed Nostrils -

- Indicates an individual who wants value for their money
- They still spend but they are trying to save at the same time
- Tend to buy large quantities of things at a discount
- Love to buy things on sale
- Often these subjects spend a lot more while trying to save money/energy
- In terms of energy/money they look at different circumstances and determine the energy/money required if spending their energy pays off later, they will use their energy/money and make the payment

- Look for bargains, likes to buy things on sale
- Wants value for their money/energy

Small Nostrils

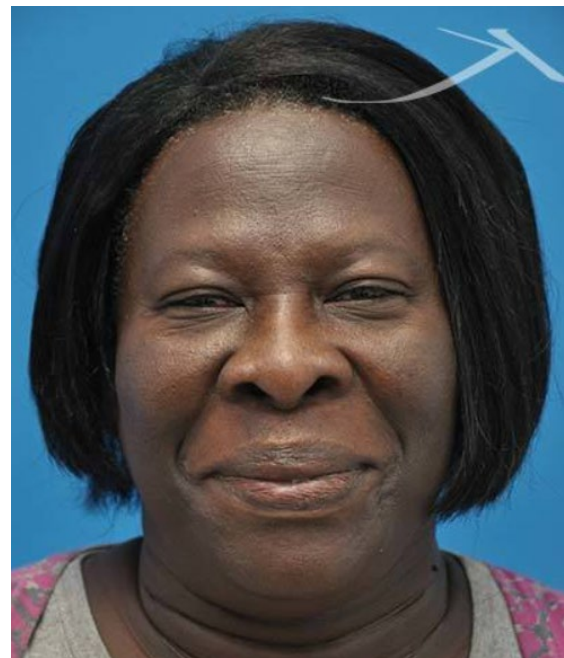


Small Nostrils –

- Indicates a person who holds on to their money
- Does not like to spend money/energy but does not mean they are cheap, rather they remember how hard they worked to accumulate the money/energy to be spent
- Evaluate how much things cost before spending

- Ability to spend well
- Tend to hold on to money/energy and do not let go of it easily

Flared Nostril



Flared Nostrils –

- Enhanced ability to smell
- Increased need for buying things of aesthetic value
- Tend to have good taste, will not spend money on anything that is not beautiful

Alae Nasi – sides of the nose – (See Money Box)

Govern Spending and Saving Behaviors

Firm and Well-Defined Alae



Firm and Well-Defined Alae

- Disciplined about money
- Can hold on to it
- Very Good at Saving

Looser Less-Defined Alae



Looser Less Defined Alae –

- Subject is more lackadaisical about personal routines and finances

Flat Alae





Flat Alae –

- Lack of discipline both personally and financially

Cheek Bones

You can figure out where your malar bones are simply. All you need is a mirror and good lighting.

Place your thumbs on the “nub” piece of cartilage over your ear canal (called the tragus).

Then, place your index finger at your nostrils. Slowly draw your thumb and index finger together over your face until they meet. If you press down gently, you will feel your cheekbone!

Now look back in the mirror. If your cheekbone is at the lower part of your nose, you have low cheekbones.

If it is directly underneath your eyes, close to where the bridge of your nose begins, you have high cheekbones

The pattern of your cheekbone starts just behind or at the upper side of your nose if you have high cheekbones.

Large cheekbones are positioned either to the nose bottom or sometimes below.

If the larger portion of your face is just below your lips, you also get high cheekbones

Cheek Bones and Upper Cheeks

One of the most important areas for monitoring the health of the lungs
Insight into the functioning of the immune system.

Cheekbones are like the shoulders of the face – aka the hangers for the skin

Large Cheekbones:



Large Cheekbones

- Strong Metal Energy
- Large Pride – Take good care of themselves
- Tend not to age as fast
- Show bossiness – noticeable cheekbones = bossy
- Ability to speak authoritatively



Bark Vs Bite – The two aspects of the cheekbones

Frontal Plane Vs. Lateral Plane Cheekbones

When the cheekbone projects or protrudes into the frontal plane from under the eyes

- Indicates a person who tends to be bossy but does not follow through with much authority.



Lateral Projecting Cheekbones

When a subject's cheekbones project laterally into the lateral plane of body

- The subject will not only tell people what to do,
- they will expect those instructions to be followed and obeyed.
- They expect people to do what they say.



Frontal and Lateral Projecting Cheekbones



Frontal and Lateral Projecting Cheekbones

If the subject has cheekbones that extend into both the lateral AND frontal planes it

- indicates a person who “demands” to be listened to or obeyed and they will behave in a manner the moves people to obey them.- They are often good at projecting the proverbial “parental” death stare” and often intimidate people into following orders.
- Their looks, words and behaviors imply consequences for not doing what the subject expects.

Summary – Bark Vs. Bite Explained

Desire Vs. Expectation Vs. Demand

- **Frontal Plane** – Bark – Want Others To Listen and Obey
- **Lateral Plane** - Bite - Expect Others to Listen and Obey
- **Both Planes** – Bark & Bite – Demand Others Listen and Obey

Flesh Vs. Bone

The fleshiness or boniness of the cheekbones modifies how the trait of bossiness is expressed.

Fleshy Padding



Fleshy Padding over the cheeks indicates a person who can be “bossy” without seeming to be bossy. Their bossiness is often perceived as being more gentle, kind, and benevolent.

They can soften their words in such a way that the recipients do not feel like they are being “bossed around”

Extra-Fleshy Padding



Extra-Fleshy Padding – the fleshier the cheekbone the kindlier the person’s bossiness will be expressed.

Bony/Angular Cheekbones



Bony/Angular Cheekbones

- Bony or angular cheekbones indicate a person who
- Does not mince words when bossing others around
- Tend to make requests in a very pointed way.
- Often sound sharp (or terse) when speaking

Slanted Cheekbones

Downward Slanted Cheekbones



Downward Slanted Cheekbones

- Cheekbones slant down toward mouth
- Sign of cultural adventurousness
- Usually a desire to learn other languages
- Experience culture and travel to foreign lands
- This desire is often expressed in their food and entertainment choices

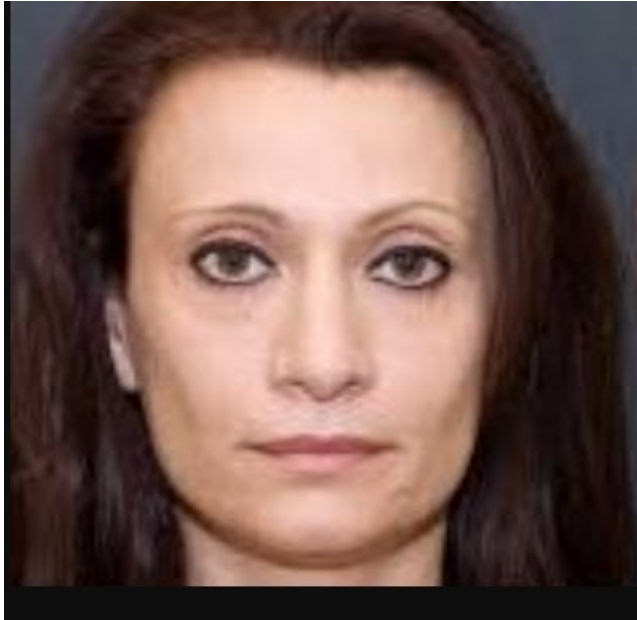
Smaller Flatter Cheekbones



Smaller Flatter Cheekbones

- Does not like either being bossed around or being bossy
- More live and let live kind of person
- Primarily Self Starters

Flatter – Hollowed Out – Indented Cheekbones



Flatter – Hollowed Out – Indented Cheekbones

Flatter, Hollowed Out, or Indented cheekbones indicate that the subject may have authority or self-esteem issues.

- These people do not like being told what to do.
- Really dislike telling other people what to do.
- Prefer to be left alone to work
- Cannot stand having someone watch other them
- Usually not satisfied with what they accomplish – never quite good enough
- May often lack pride in their work.

- Usually think that anybody could have done what they did.
- Prefer Not To Give Advice
- Are more likely to tell a story about what they did in similar circumstances and hope they are helping by example
- Do not like telling others directly what to do.
- Can be self-directed and needs to be left alone to do their work

Lower Cheeks – Money Bags

*Plump fleshy lower cheeks are known as “**Money Bags**” in Chinese culture*

“Moneybags were a sign that person could resist famine.”

In other words, this person had the ability to accumulate and manage their resources so that in times of trouble they could survive the lean times more easily.



Large Moneybags

- Show knowledge of how to save money, invest and accumulate things of longer-term value
- Knows how to live well and enjoy life

- Saves energy and money well too
- Indicates people who are living life slowly enough to enjoy and relate to others and the pleasures of being human.
- Know what gives them pleasure and they also know how to receive it.
- Ability to accumulate enough things or money or friends to feel rich
- It takes money to make money – people with money bags attract more because they have something extra (earth energy) already



Wide Set (Broad) Cheekbones



- Cheekbones that are far apart are known as Broad Cheekbones
- Broad cheekbones indicate a person who can lead in an authoritative way

Narrow Set Cheekbones

- Indicates a person who needs time alone



Philtrum

The size, shape and depth of the philtrum relates to a person's reproductive capability, fertility, and higher forms of creativity and is considered the lifeline of the face.

Because it is related to kidney water energy and “Jing” the philtrum can also reveal indicators of a subject's potential health and vitality as they age.

Strong philtrum's can be identified by width, length, and depth
Healthy coloration and puffiness are also a sign of strong reproductive ability, vitality and potential for long life and creativity.

A strong groove (i.e. a deep philtrum) indicates the subject has the potential energy to raise many children and is magnified if the philtrum has good coloration – usually a healthy pink or light red color.

Extraneous markings, i.e. moles, scars, wrinkles etc. as well as a lack of coloration can indicate problems with fertility or energy (Jing) reserves as the person ages.

The shape of the philtrum often determines how a person's energy (Jing) Reserves will be accessible as a person age

The Chinese believe that if you have a large philtrum and you do not make many children you need to engage your higher creative faculties, or one could potentially shorten one's lifespan.

Conversely engaging in creativity has a growth amplifying effect often causing a person's philtrum to grow larger.



Wide Philtrum



Wide Philtrum

Sign of Fertility and Potential Creativity

- Strong Sex Drive

Long Philtrum



Long Philtrum

Sign of Fertility and Potential Creativity

- Strong Sex Drive
- Ability to Recover from Illness or Injury Quickly

Deep Philtrum



Deep Philtrum

Sign of Fertility and Potential Creativity

- Strong Sex Drive
- Ability to Recover from Illness or Injury Quickly

Short Philtrum



Short Philtrum

Smaller Philtrum indicates Smaller Potential For Children

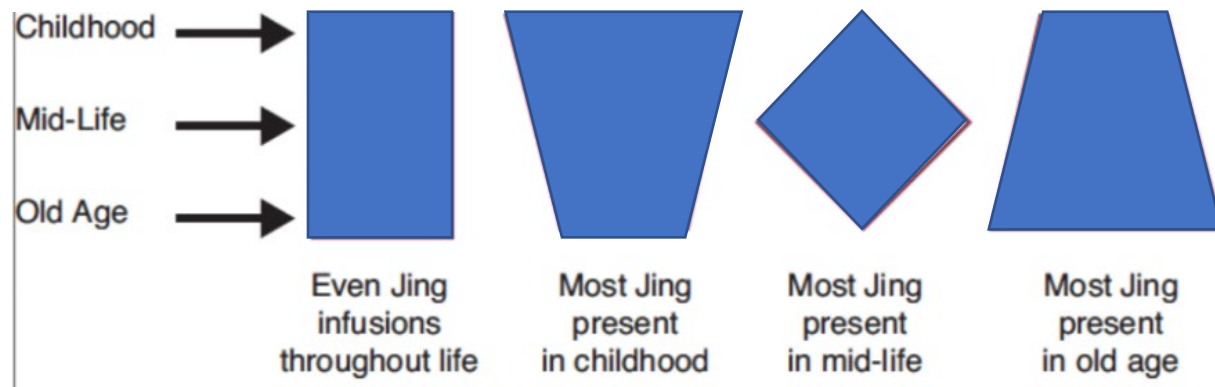
- May Indicate a Lack of Fertility or Sexual Stamina In Men
- Lack of Fertility In Women
- Shorter Lifespan
- May find it difficult to accumulate wealth until around the age of fifty

Other Philtrum Formations –

For Discussion only –

- needle philtrum
- fading philtrum
- invisible philtrum
- curved philtrum
- twin mark philtrum

Jing Disbursements – the shape of the philtrum in addition to its length, width and depth help determine how and when more energy will become available for use over time.



Jing Blockers

- Moles
- Scars
- Lines/Wrinkles

Mouth and Lips

TCM Theory Notes - Earth Principle - feeding and nurturing the body and mind, ingestion, digestion of food or information is considered within the domain of the earth elemental principle

Earth energy wants to consolidate and assimilate everything and make it part of the whole, It harmonizes discordant energies and is warm and embracing

People with strong earthy affinities value consistency and sameness.
Like to touch give and receive affection

Vital Earth Features- Mouth, Lips, Upper Lip, Bridge of Nose, Lower Cheeks

Earth energy softens rounds and smooths all features it has a gentling effect on the other elements.

Size Of Mouth Shows Appetite - both physical, mental, and emotional, nutrition, affection information

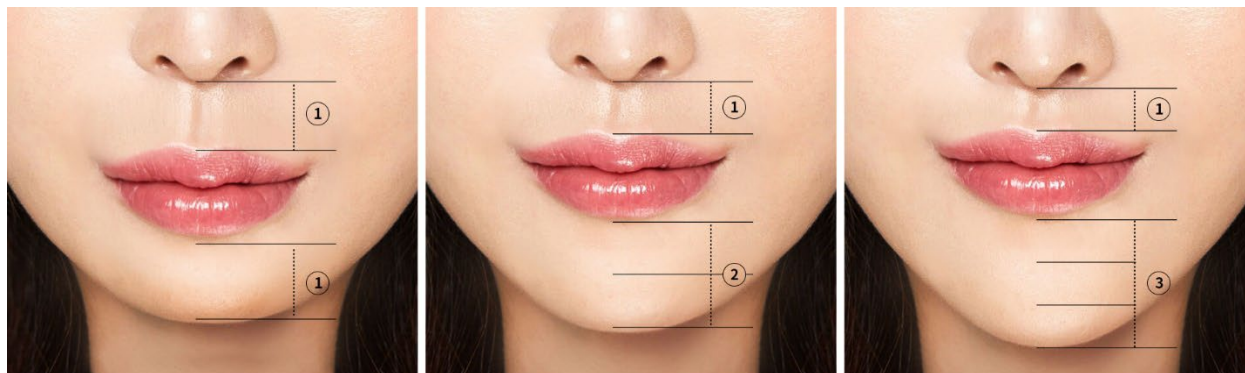
- The larger the mouth the more the person wants to ingest
- Mouth is the second most changeable feature on the face after the eyes

Signs of sexuality

- women more attractive with full lips
- Men more attractive with when less full, but not thin

What the Mouth Tells Us – The mouth gives us a way to measure and assess generosity and ones' ability and/or willingness to give and receive

Upper Lip Area



Upper Lip Area

- Best for determining the function of the stomach
- Relates to Issues of Nurturing
- Shows how people manage their desires to give and receive
- Plump Health Upper Lip [= Strong Earth – extra ability to nurture and be nurtured
- Sunken/Marked Upper Lip = Deficient Earth Energy Impaired Ability to Nurture and Be Nurtured and may give away too much
- Lines in this Area indicate Over Nurturing of Others And/or A Lack of Being Nurtured By The Subject
- Deep or Numerous Lines Indicate Too Much Other Directedness On The Part of The Subject
- Show Overuse of the Earth Element
- Have Worried Too Much About Others
- Given Too Much Of Themselves

- Although These Lines Are Often Associated With Smoking, There Is Still An Under-Nurturing Issue, A Need For Self-Nurturing That The Smoking Behavior Is Trying To fulfil.
- This Subject Requires True Nurturing Which Involves Luxury and Pampering
- Self-Nurturing Also Increases Self-Esteem and Self Worth

Firm Strong Lips



Firm Strong Lips

- Sign of Good Digestion
- Great Discipline –
 - Contrast with Lax Lips Which Signal Poor Impulse Control and Lack of Discipline
- Considered a Sign of the Ability To Sing

How to Measure and Assess The Mouth:

Mouth size is measured in relation to the nose:

- create a triangle starting at the center point in the bridge of the nose and follow the sides down.
- average mouth is the same size as the base of the triangle
- mouths that go beyond are considered large
- mouths that do not pass the base are considered small
- Wide Mouths Were Considered Fortunate
 - Men with large mouths could get a good wife, meaning she would give him a lot.

Large Mouth



Large Mouth

Subjects with large mouths are natural givers, they usually buy many presents for people they love as well as business associates,

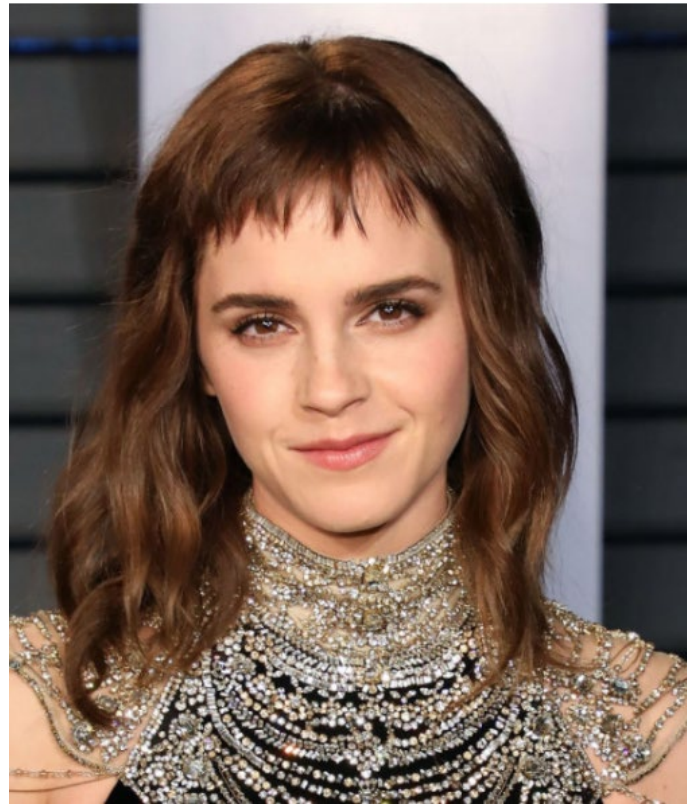
However, they have also been known to spontaneously give to strangers and new acquaintances on a whim

Wide Mouth



Wide Mouth

Wide Mouth Thin Lips



Wide Mouth Thin Lips

- Much More Private About Their feelings
- They do not express feelings easily
- Haven an impulse for generosity and most likely to give presents that are appropriate for the situation.
- Tend to give to people who they feel deserve a reward and they give it when it is the correct thing to do.
- Tend to be thoughtful businesspeople who send out gifts to their customers on Christmas

Average Sized Mouth



Average Sized Mouth

- The lips are not thick or thin, but medium-size, and cupid's bow does not have super-defined peaks, nor does it lack definition.
- These subjects are pretty even keeled in relationships.
- Tend not to go overboard when it comes to drama or giving too much.

- They are not usually clingy but do crave a sense of connection in relationships.

Small Sized Mouth



Small Sized Mouth

- Find it difficult to give unless there is a good reason
- Are more conditional about their giving
- Tend to give because someone deserves it or because they are “expected” to give something and do so based on “practicality” more than the emotion of generosity or wanting to give
- I call these People ‘ Strategic and Selective Givers Because Their Generosity is a Learned Tactical Behavior Rather than an Inborn Impulse



Small Mouth Full Lips – aka “Cupids Bow”



Small Mouth Full Lips – aka “Cupids Bow

- A mouth with a strong refined curve to the upper lip indicates that these people give for pleasure of showing love and being loved in return for their gifts
- They have strong emotions and the ability to express them to intimate friends and partners
- Their generosity is reserved for those who are close to them
- Tends to be particular about what they give.
- Love giving presents to show love

LIPS

The fullness and thinness of the lips give strong indicators of sensuality, desires for comfort and pleasure and a person's willingness to be emotionally open and expressive or closed off and repressed.

Fullness is evaluated based on the overall “fleshiness” of the rest of the face. With particular attention paid to any apparent contradictions or contrasts with lips in general.

- Usually someone who has earthier features such as plump cheeks and puffy nose will also tend to have bigger lips.
- Someone with taut skin and very refined aquiline features will tend to have thinner lips.
- When this is not the case it becomes doubly more significant.

Full Lips

Full lips tend to belong to people who are more emotionally expressive

- These subjects are generally more romantic and sensual
- They express themselves more easily in public and give easily to almost anyone
- If the mouth is wide as well they may even give things to people they barely know, especially if they see someone admiring something it is within the subjects' power to give.
- They show maximum generosity and ability to express emotions easily

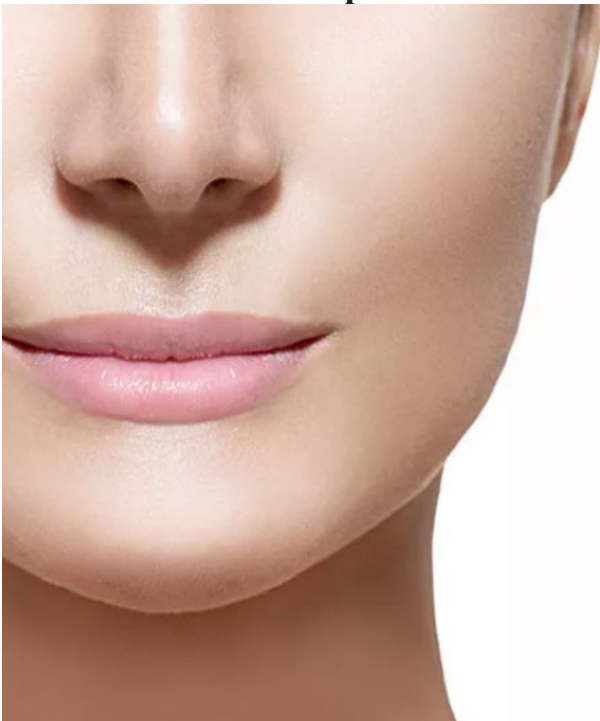
Full Lips (Cont.)

- Indicate Sensuality and Sexuality Via Size of Lips.
- Fuller Puffier Lips Belong To More Sensual People Who Enjoy Experiencing Life Through Their Five Senses

Note – Sensuality should not be confused with Sexuality Although the Two are Commonly Linked

The Need for Sensuality Can Be Met In Many Ways, Including Food, Clothing, Drink, Scents, Music etc.

Thin Lips



Full Lips



Thin Lips

- Thinner lips are more emotionally reserved they do not express emotions readily or easily
- The thinner the lips the more emotionally reserved a subject tends to be
- If they hold them tightly closed (i.e. compressed) this indicates a strong desire to hold their feelings in
- These people tend to appear to be more “proper” and “logical”
- They are not prone to Public Displays of Affection as their fuller lipped counterparts tend to be and they often consider such displays unseemly
- Thin lipped subjects tend to hold their romantic activities and inclinations for private settings and circumstances.
- Tend to have a stronger need for sexuality
- Thin-Lipped Subjects Are a Bit More Constrained or Restrained When It Comes to Self-Expression. This Has Consequences in Their interpersonal Relationships.
- They Still have Sensual Needs And Sexuality Is One of the Few Contexts In Which They Allow Themselves To Feel, Express and Satisfy Their Sensual Needs
- They Can Be Sensual Lovers But Tend To Avoid Touching Unless They Are Making Love
- These Subjects Tend to Put Brakes On Their Expression Of Emotions
- If The Lips Are Held Very Tightly They May Have Repressed Their Ability To Be Sensual At All – You Probably Will not Find Them Hugging A Lot

Very thin lips are often a sign of emotional repression or an attempt to contain an emotional response

- If the lips are held that way by default the repression is more long term than if it occurs in the moment.
- This form of lip compression is often a sign of emotional repression masquerading under the guise of “emotional control”

Refined Lips



Refined Lips

- Have Very Good Taste
- Tend To Be More Specific About Giving Things
- Like to Give Gifts That Have Aesthetic Value and Are Appropriate To The Person
- Often Seen On Singers and May Indicate Strong Vocal Control



Refined Mouth - Singers Mouth



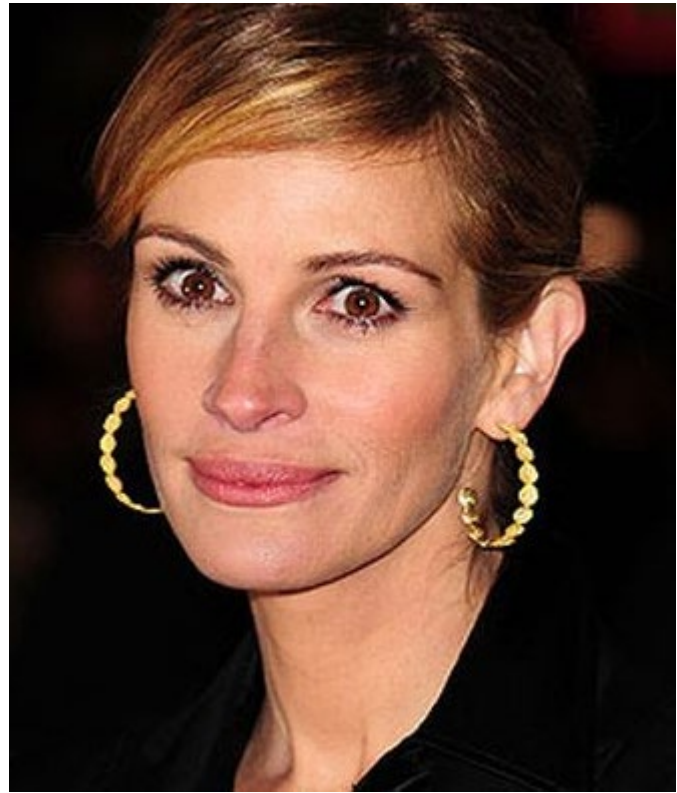
Small Mouth Thin Lips



Small Mouth Thin Lips

- Have Trouble Giving Or Expressing
- More “Conditional In Gift Giving
- Feel People Should Earn Their Gifts
- Tend to Give Because they “Have To” or Are “Expected To”

Tight Lips – Lips Held Compressed



Tight Lips – Lips Held Compressed

- Tend to Have Great Self-Control

Tight Lips – Lips Held Compressed (cont.)

- May Be Holding On To Great Disapproval and Resentment
- In Many Cases These Subjects Have Followed The “Stated and Unstated Rules” of Society, Family, Religion etc. ...

And, In Their Mind, Have Done All The “Right” Things But “Somehow” Society, Family, Religion etc. did not reward them for their Obedience and Devotion ergo, Much Like a Drawstring They Are Capable of Holding On To Past Hurts and Resentments

Interestingly, Rather Than Being Disillusioned By Their Lack Of Success They Usually Believe There Were Just Unlucky and Therefore They Often Tend to Still Be Judgmental of Others Because They Still Expect Everyone Else To Follow The Same Rules That Did Not Work For Them In First Place.

- This prolonged perspective results in the buildup or resentment, disapproval and ultimately bitterness
- These combined emotions cause the formation of vertical wrinkles around the upper and lower borders of the mouth. (*see emotional map – Over-nurturing, Bitterness, Disappointment*)

Tight Lips – Held Tight With Pucker Lines Above and Below Mouth





Tight Lips – Held Tight With Pucker Lines Above and Below Mouth

Large Upper Lips



Large Upper Lips

- Subjects With A Large Upper Lip Often Desire Intense Emotional Experiences and Often Seek To Create Them - aka drama seeker
- This subject takes all emotions to extremes even more pronounced when the lip has a little extra flesh in the middle that comes down over the lower lip.
- They are dramatic about feelings and enjoy expressing emotions
- They can be prone to exaggeration histrionics and hypochondriac-like behavior when sick or injured
 - when down they believe life will always be this way and never get better they can be very entertaining but also very exhausting people

- The Chinese say that these types of people would rather fight than be bored
- trait is even more exaggerated when the lip is very puffy



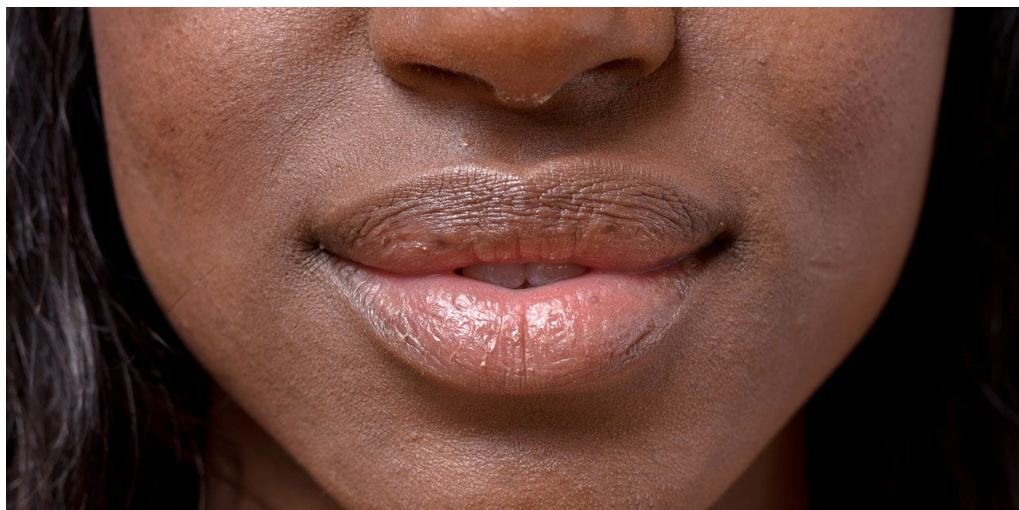
Flaccid Upper Lip



Flaccid Upper Lip

- Lips are flaccid and lacking in muscle tone and stay open when mouth should be close

- Indicates someone with poor boundaries especially around sexuality
- This trait is often more associated with women who are easy prey for predatory humans both emotionally and sexually.
- Often a sign of previous sexual abuse – indicates vulnerability
- This trait indicates a subject who may have limited awareness of boundaries between self and other.
- Interestingly many models and actresses try to emulate this look in photos thinking it makes them look sexy, when it could be signaling that they are vulnerable, needy, and therefore easy prey.
- This could a potential flag for sexual or emotional predators searching for victims



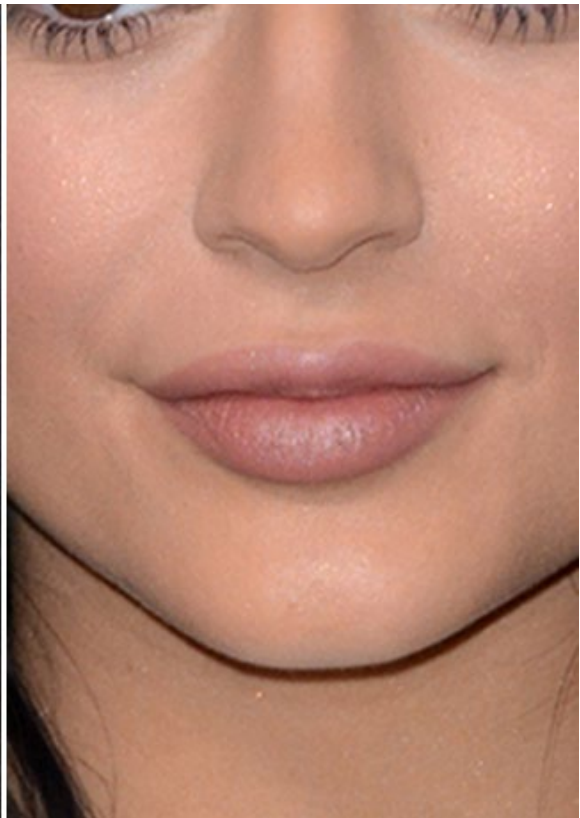
Protruding Lips



Protruding Lips

- Some people have noticeably big teeth that keep their mouth from closing completely because the lips are not large enough to close over the teeth.
- Such subjects are usually very self-conscious about it
- They tend to talkative people who make their lips thinner by trying too hard to hold their mouths shut, thus making them protrude slightly
- Many times, these “talkative” types need to let themselves communicate more.

Full Lower Lips



Full Lower Lips

Full Lower Lips (cont.)

- Desire for physical pleasure tendency toward hedonism need to eat good food, drink, and sleep
- Can be highly intolerant of discomfort and will often demand the best they can get.
- The Fuller The Lower Lip The More Pronounced The Trait – Desire for Comfort and Luxury
- If the Upper Lip Is “Puffy” it is a sign that this subject may have strong hedonistic tendencies

Lax Lower Lips



Lax Lower Lips

When the lower lip lacks tightness in the muscle tone it indicates a person may be

- Have poor self-control
 - (Think monkey face)
- Prone to Lascivious Behavior – this is especially likely if you can see the inside of the moist lower lip
- Indicates an inability to curtail their hedonistic impulses that may get them into trouble
- They over-indulge in food, drink, sex etc.,
- Over-indulging in both food and sex have been correlated.

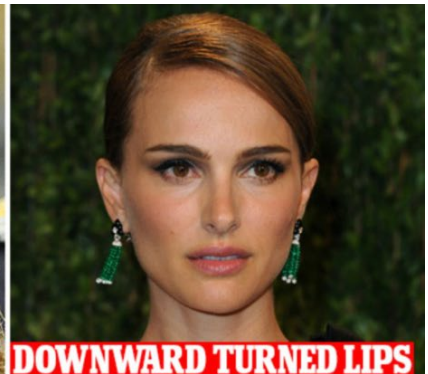
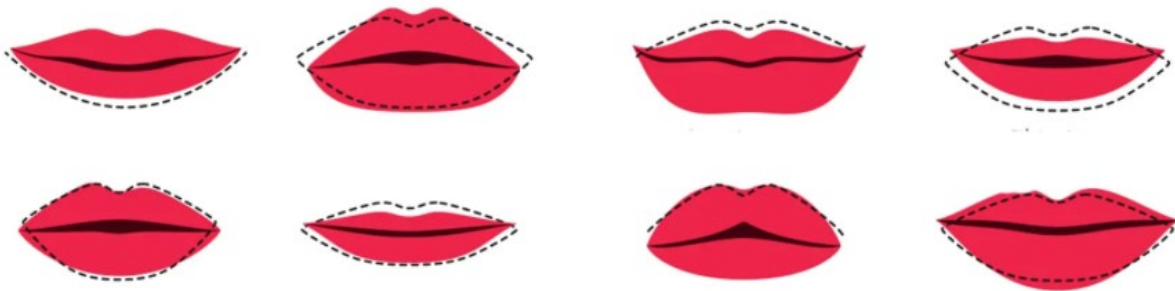
- More Often Found In Men Than Women
- Ancient Texts admonished men with this kind of condition to be careful not to have too many mistresses or they would die of financial ruin.
- It was felt that men with this particular trait lacked the ability to control their sexual desires and therefore one woman would never be enough.
- There were also prone to gluttony and addictions

**People With This Particular Trait May Suffer From A Low
or Complete Lack of Impulse Control.**

Just For Fun! Let's Get Lippy!

Lip Quiz – On A Separate Piece of Paper Write Out The Key Characteristics of Each Trait







Chins - Size

Chins are associated with the Water Element

The Organs Corresponding to The Water Element are The Kidney and Urinary Bladder.

- The Health of the Kidney Organ Can Be Most Directly Seen By Looking At The Space Below The Eye
- The Chin Relates To The Emotional Energy Of The Water Element and Specifically To The Aspect of Will or Willfulness as Well As The Emotions of Fear.
- The Philtrum mirrors and reflects the reproductive health of a person. I.E. Their ability to create and produce offspring whether it be a human being or a brand-new painting, play, novel, or method of doing something.

The size and shape of the chin indicates the strength of kidney energy. And it is possible to “grow” a small or weak chin although it may take some time to do so.

In Simple Terms –

- The Stronger The Chin, The Stronger The Will The Subject Has
- This is Especially True When The Chin Is Long
- Will Can Be A Good Trait or A Bad Trait Depending On How It Is Used And The Perspective Taken.

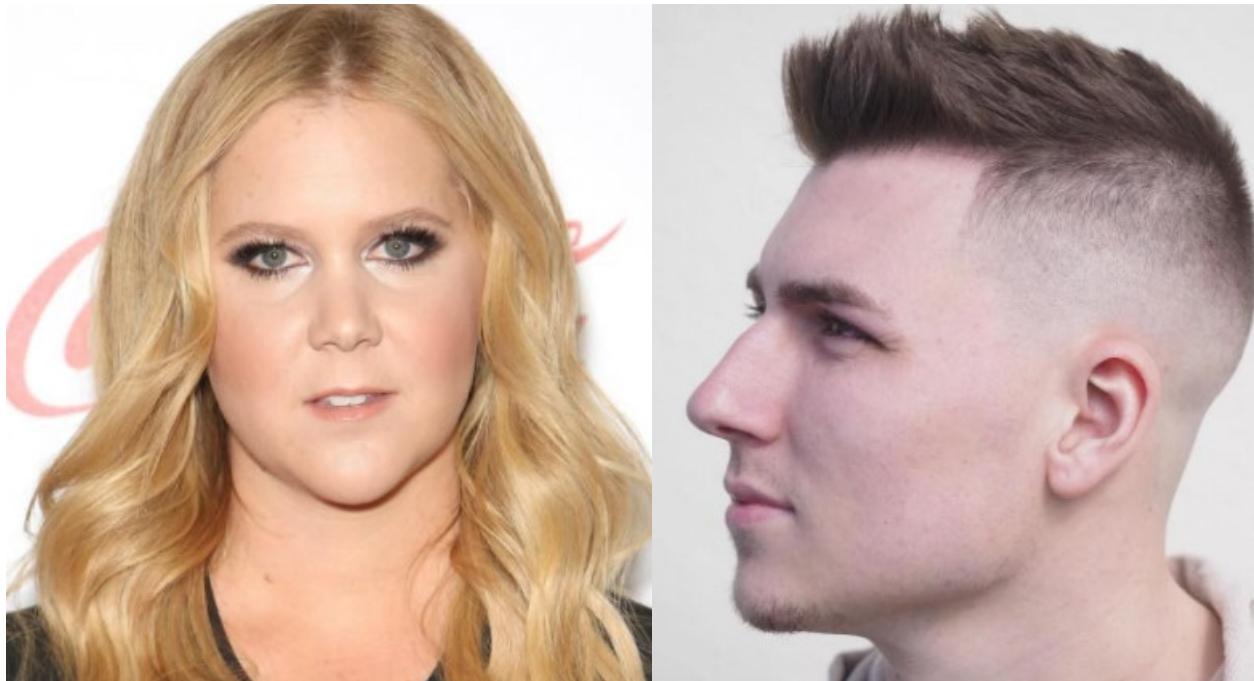
Strong Chin



Strong Chin

- Strong Will,
- Can Also Be Stubborn (Natural Stubbornness)

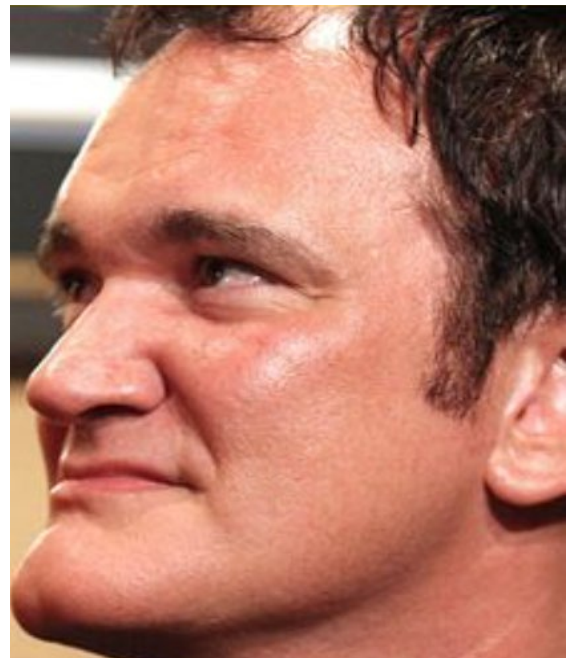
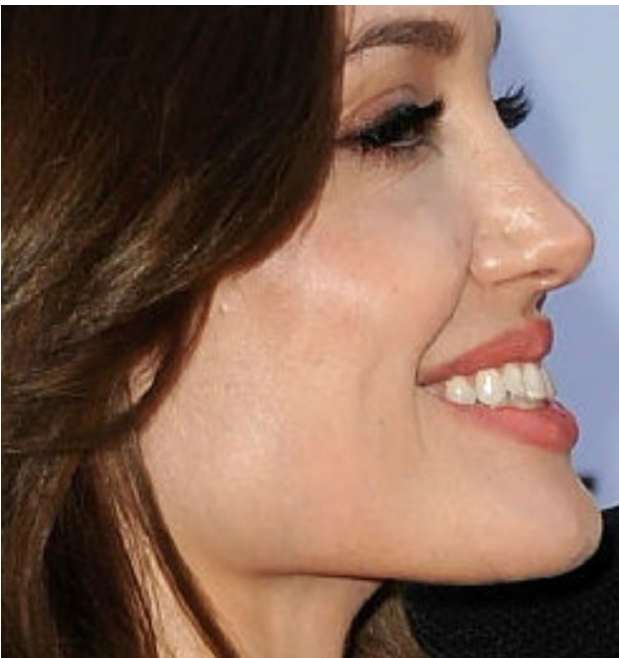
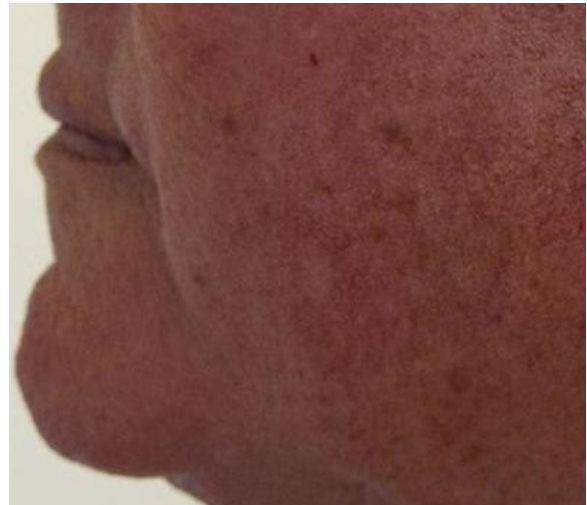
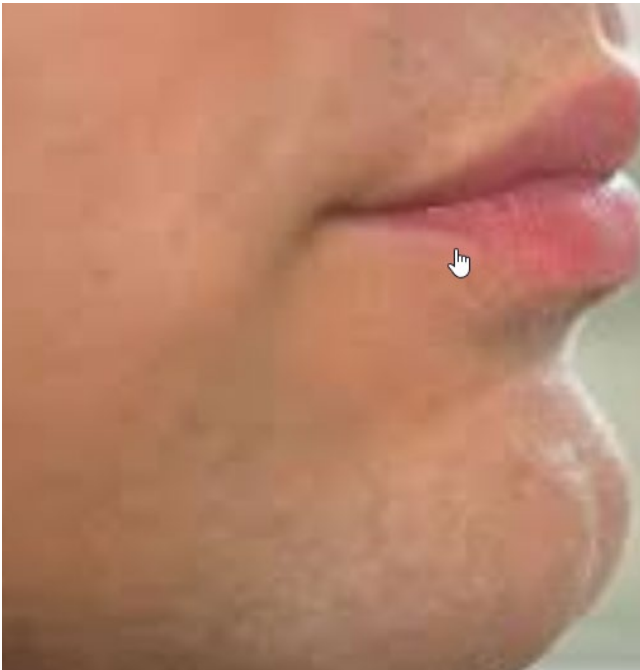
Small Chin

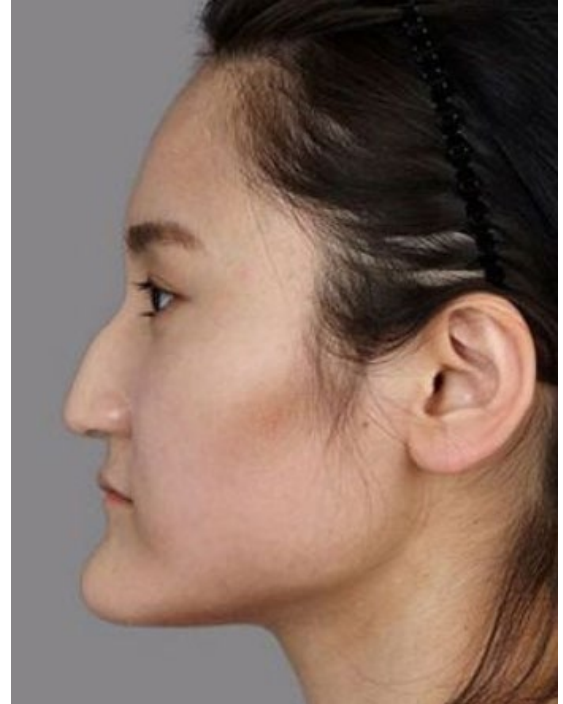
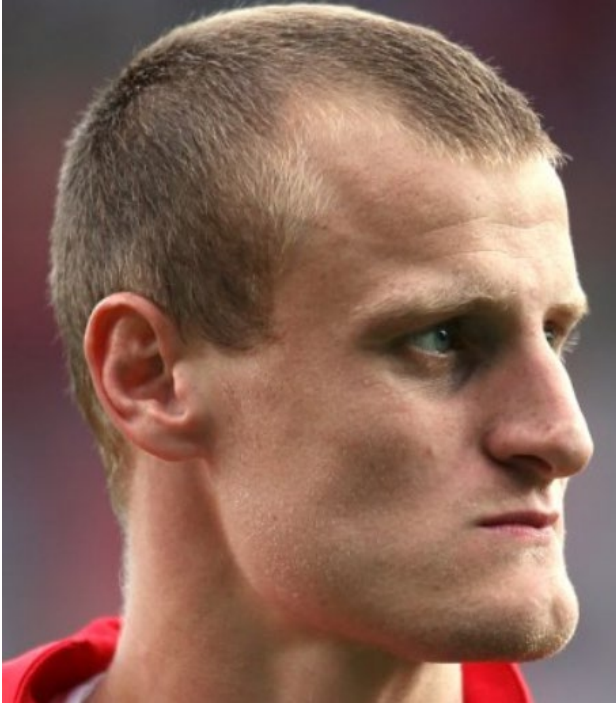


Small Chin

- Indicates a Desire To Retire Early
- Generally, Has An Easy-going Nature

Upturned Chin

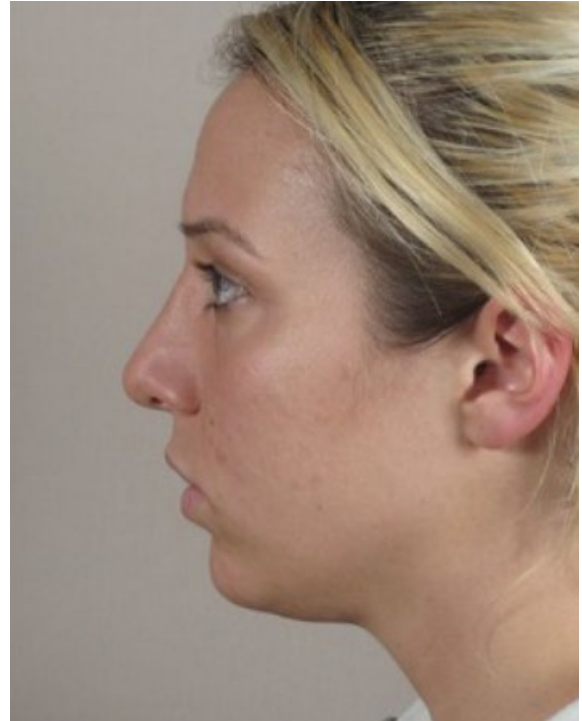




Upturned /Protruding Chin

- Indicates the subject has a stubborn streak
- Stands Their Ground When Necessary and Will not Budge

Receding Chin



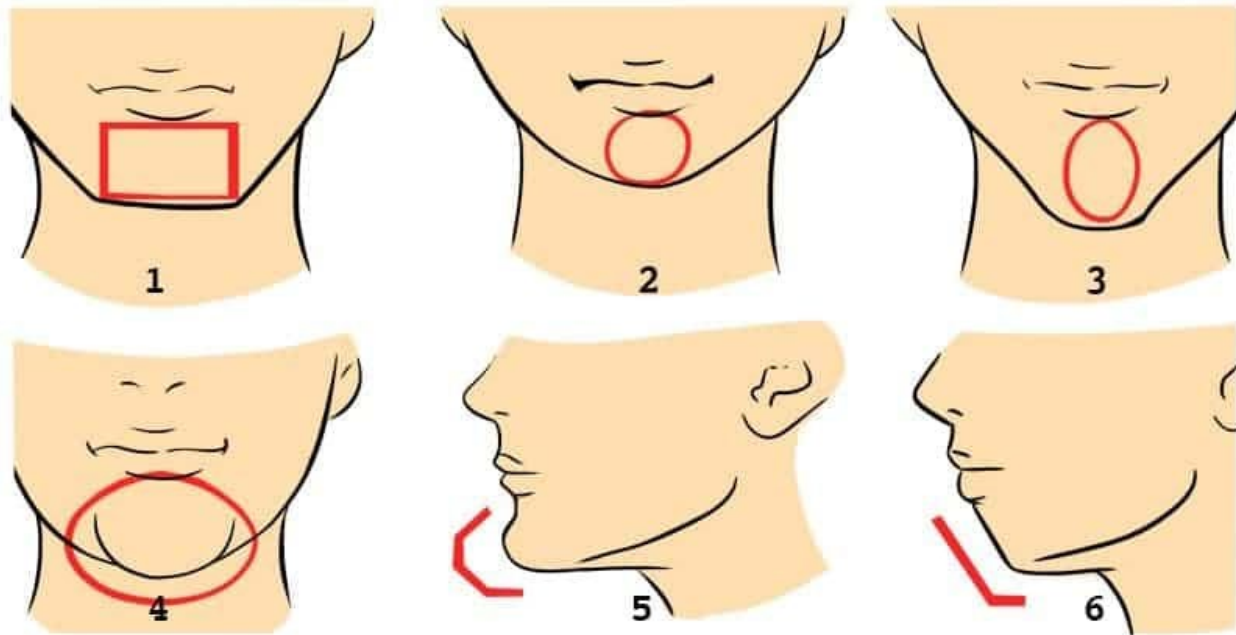


Receding Chin – (Learned Stubbornness)

- Indicates a Mixture of Traits.
- Traditionally Viewed As A Weak Chin
- These Subjects Have Been “Dominated” By Someone In The Past and Were Not Allowed To Develop Their Own Will Enough
- One should Not Take That To Assume These People Are Easily Dominated.
- In Fact, Most People With Receding Chines Are Quite Resistant (Reactant) To Being Dominated and Actively Fight Against It.

- These People Often Become The Champions of The Underdog or Downtrodden

Chin - Shapes



Chin - Shapes

- Chin Shapes Also Have Meaning

Square Chins



Square Chins

- A Square Chin Indicates Emotional Strength and Practicality

Rounded Chins



Rounded Chins - Rounded Chins Show Diplomacy and An Even Disposition

Pointed Chins



Pointed Chins

- Show Decisiveness and Emotionality