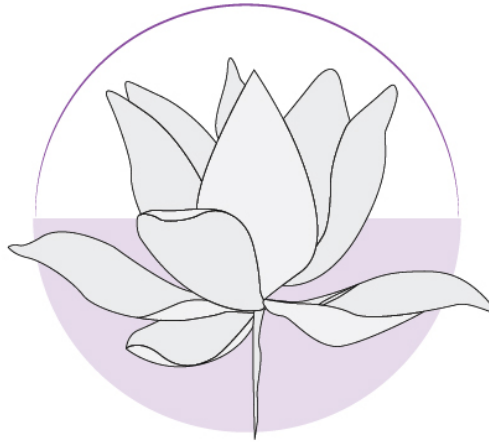


# Master Face Reading Program



**LOTUS INSTITUTE**  
Lillian Pearl Bridges

Jing Module

# 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 can accumulate
- Valleys are places where the energy sinks

# Critical Transitions

- Critical Transitions are the years right before and after a decade birthday.
- These are especially “difficult” times, where the armor of the personality cracks under the repetition of trauma and the reoccurrence of previous issues that need to be worked through in order to move forward and clear the body.
- 33 years old a special crisis –“Jesus/Buddha time.”
- The older you are that issues arise to be worked on, the more likely you will be affected physically.

# Critical Transitions

- Childhood to Teenager – Independent Thinking
- Teen to Young Adult - Cutting the Apron Strings
- Late 20's to Early 30's – Deciding and Directing (Saturn Return)
- Late 30's to Early 40's – The Big Climb
- Late 40's to Early 50's – The Big Jump (Chiron Return – Healing the Wounds)
- Late 50's to Early 60's – Feathering Your Own Nest
- Late 60's to Early 70's – Walking the Ridge

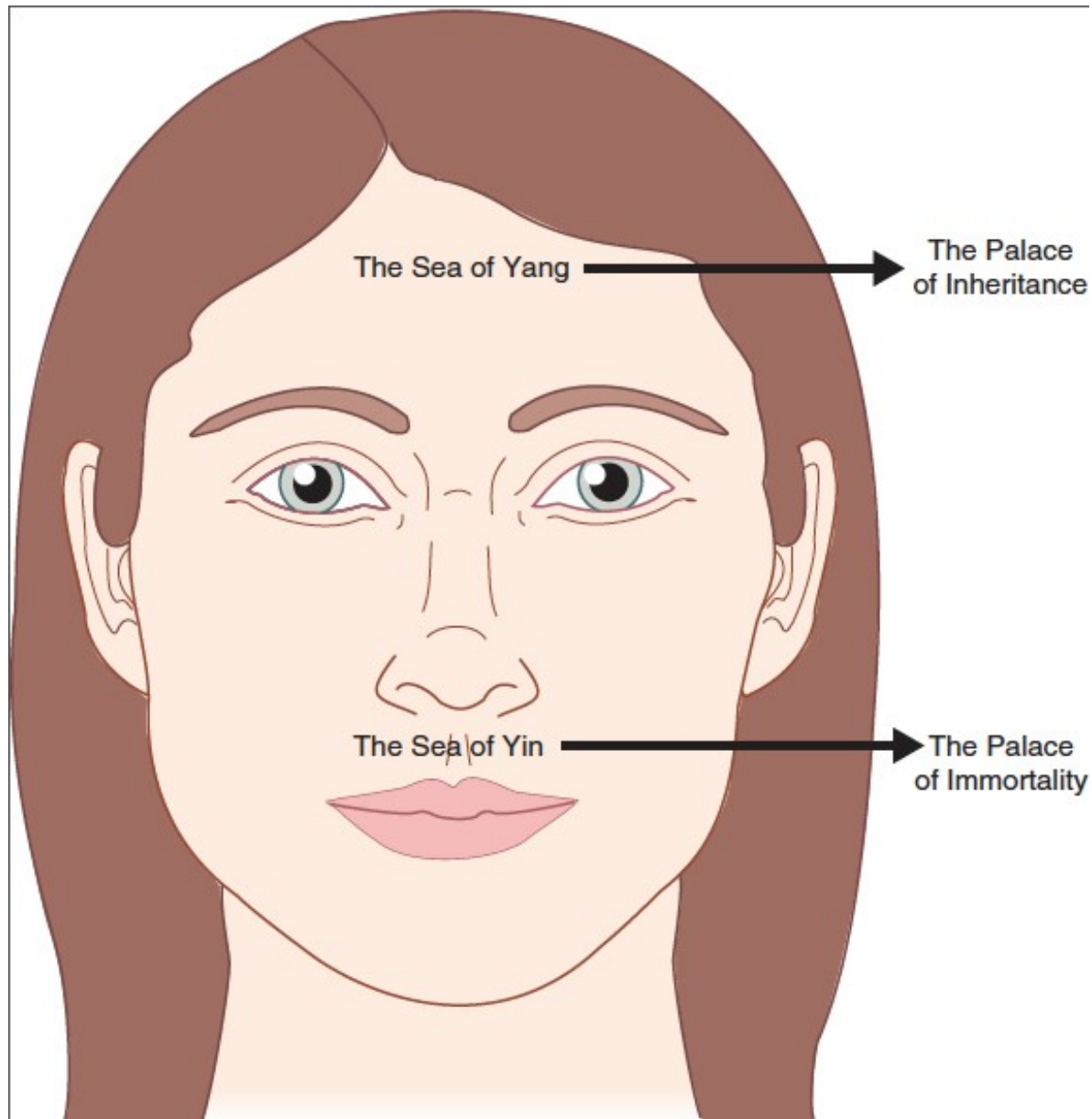
# Jing - Potential

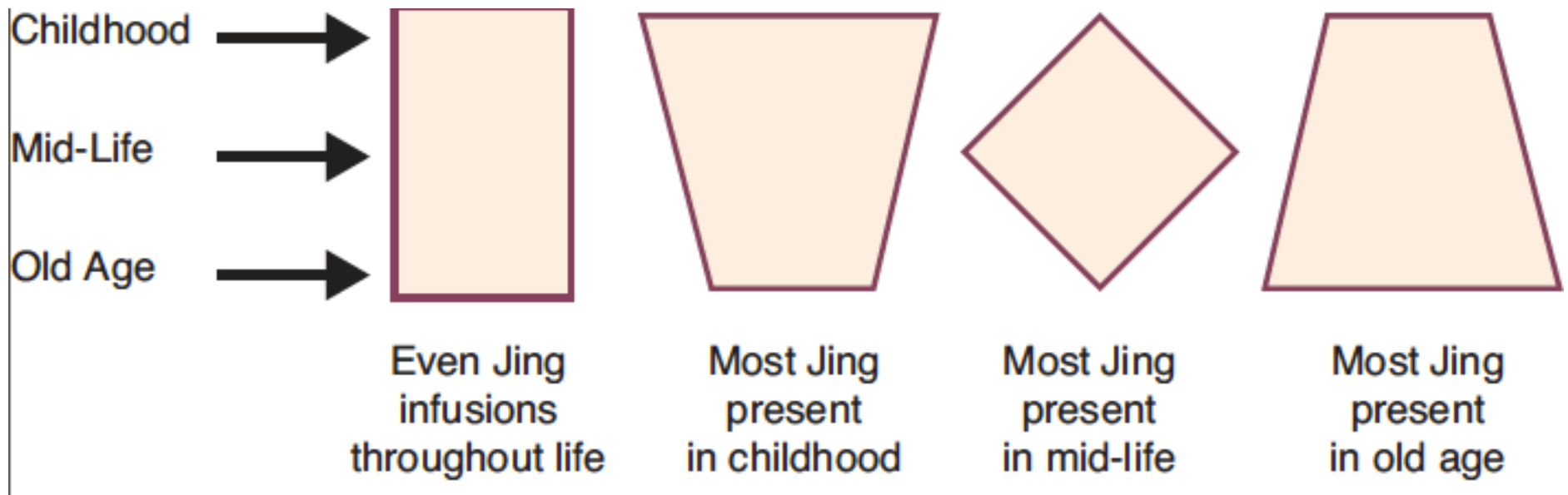
- Jing can be best described as the inherited constitution but also the inherited predispositions, talents and abilities called “The Original Face.”
- These talents and abilities must be used in life.
- Many actions and behaviors can harm or overuse Jing so Jing must be protected and managed over a lifetime.
- It may be possible to create Jing - implied in Taoist Spiritual Teachings.

# 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.

# Seas of Yin and Yang



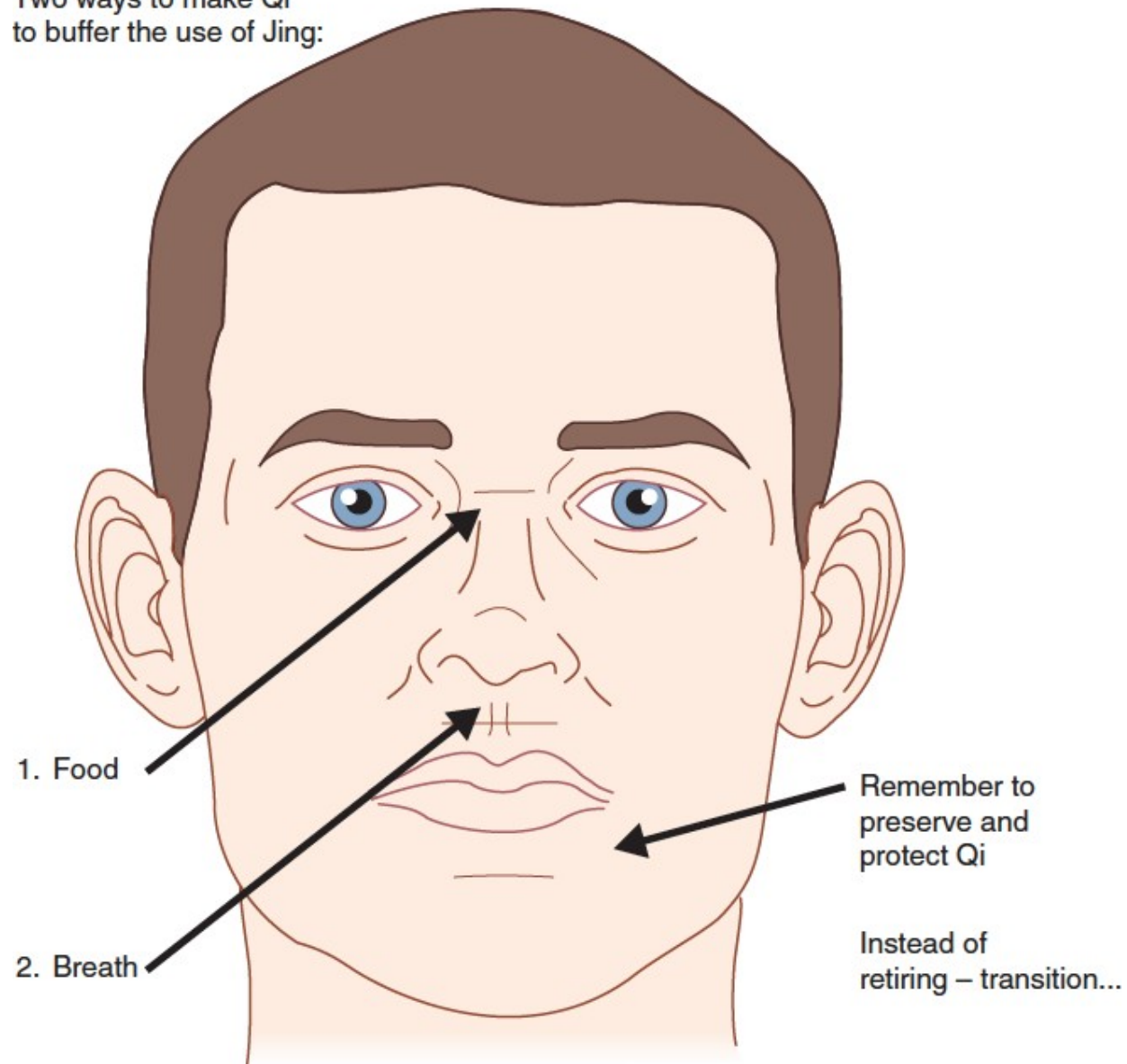




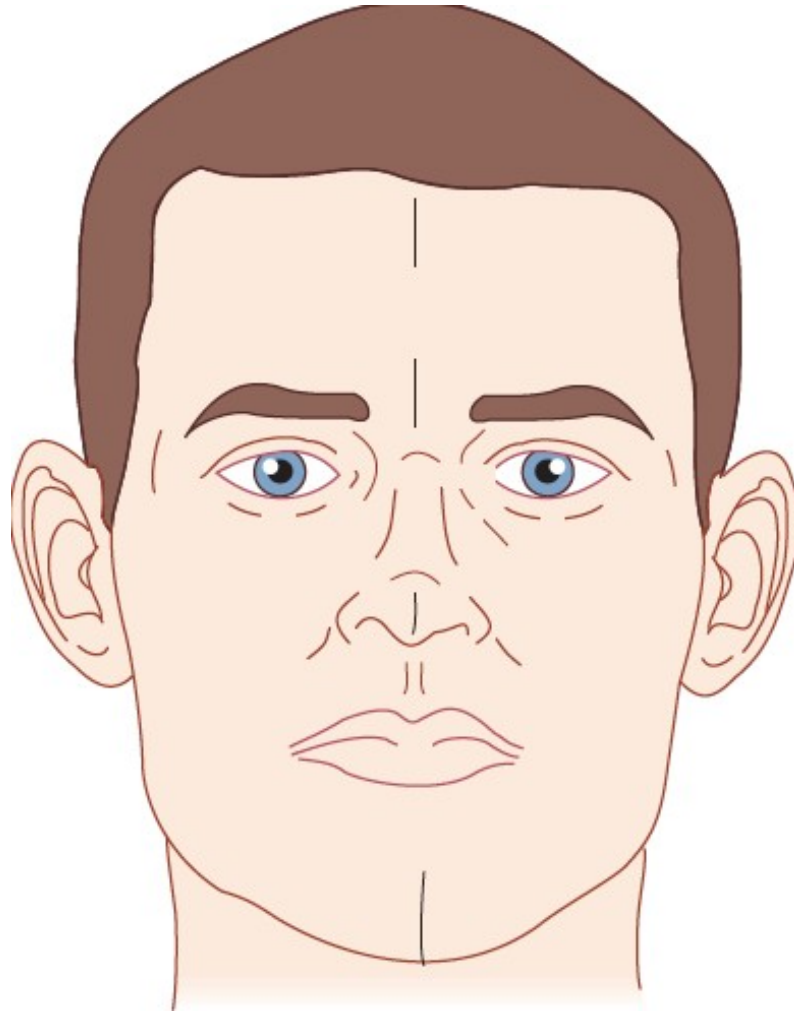
# Jing Markers

---

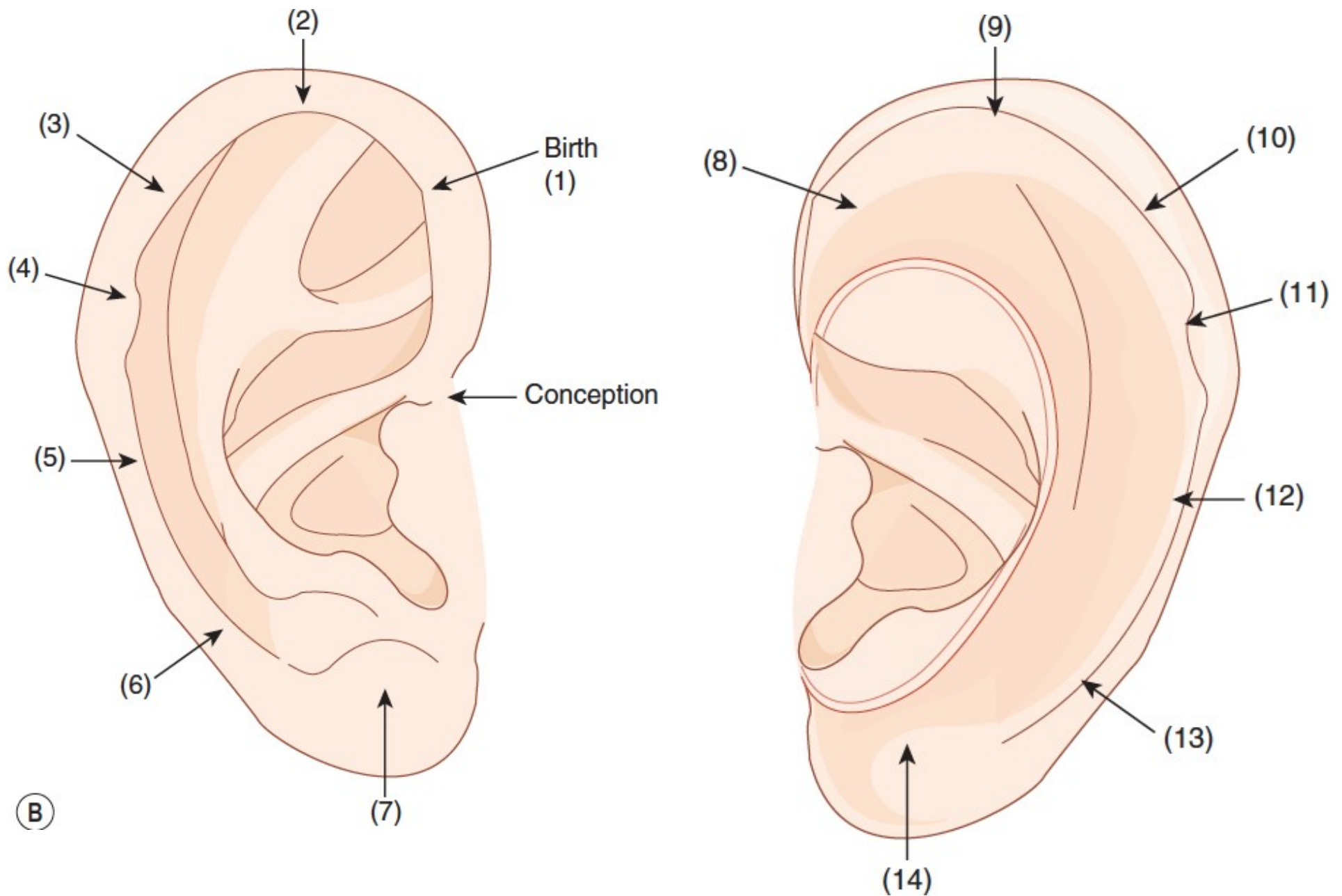
Two ways to make Qi  
to buffer the use of Jing:



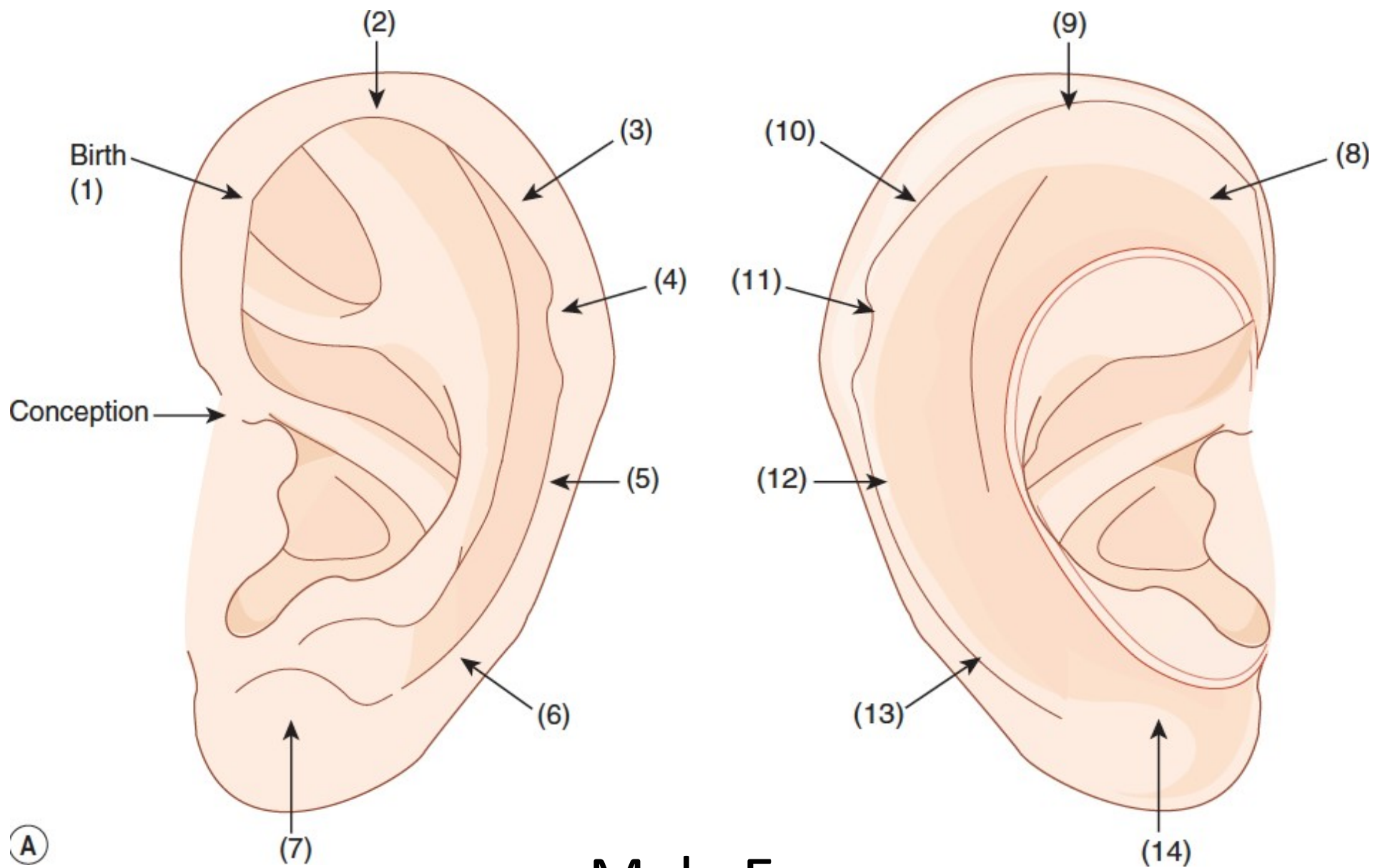
# Jing Blockages



These are “islands in the stream,” where the Du and Ren Channels have blockages or a lack of Jing flowing through of the Extraordinary Meridians that limits the full flow of the “River of Life.”

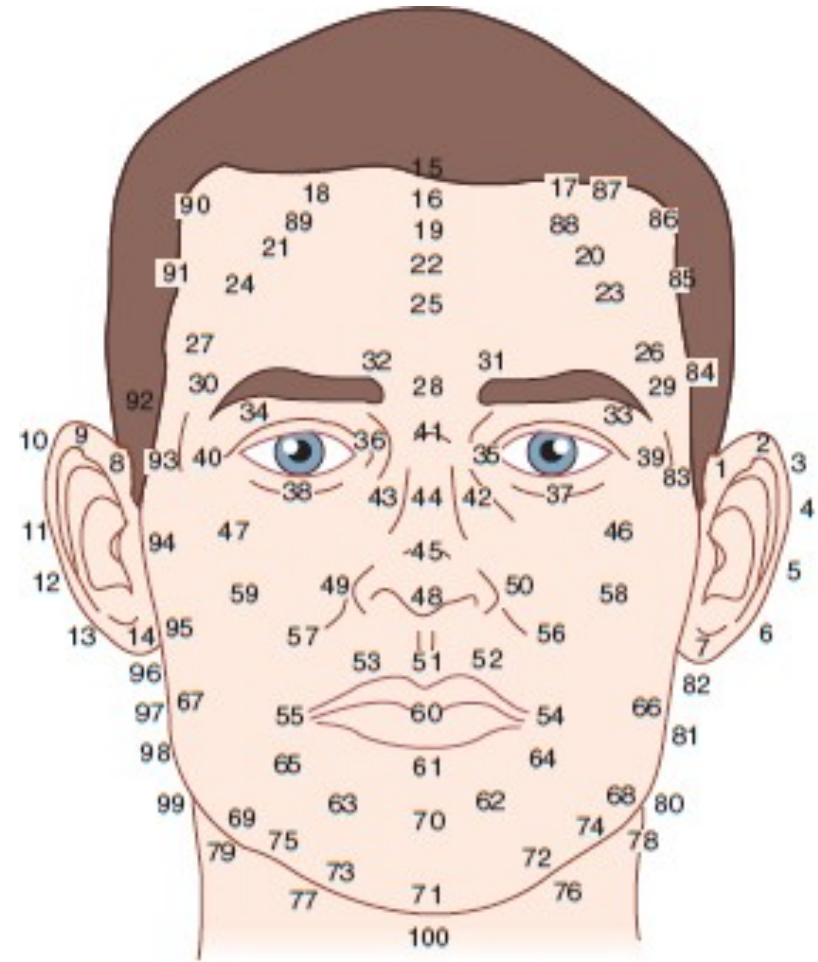
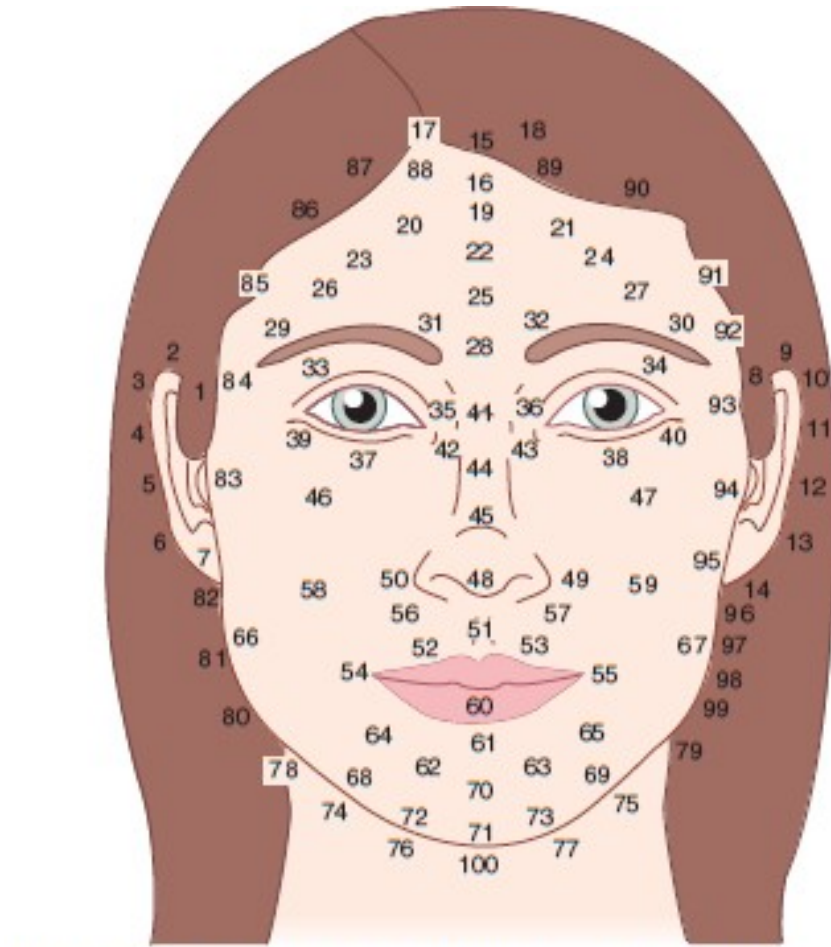


Female Ears

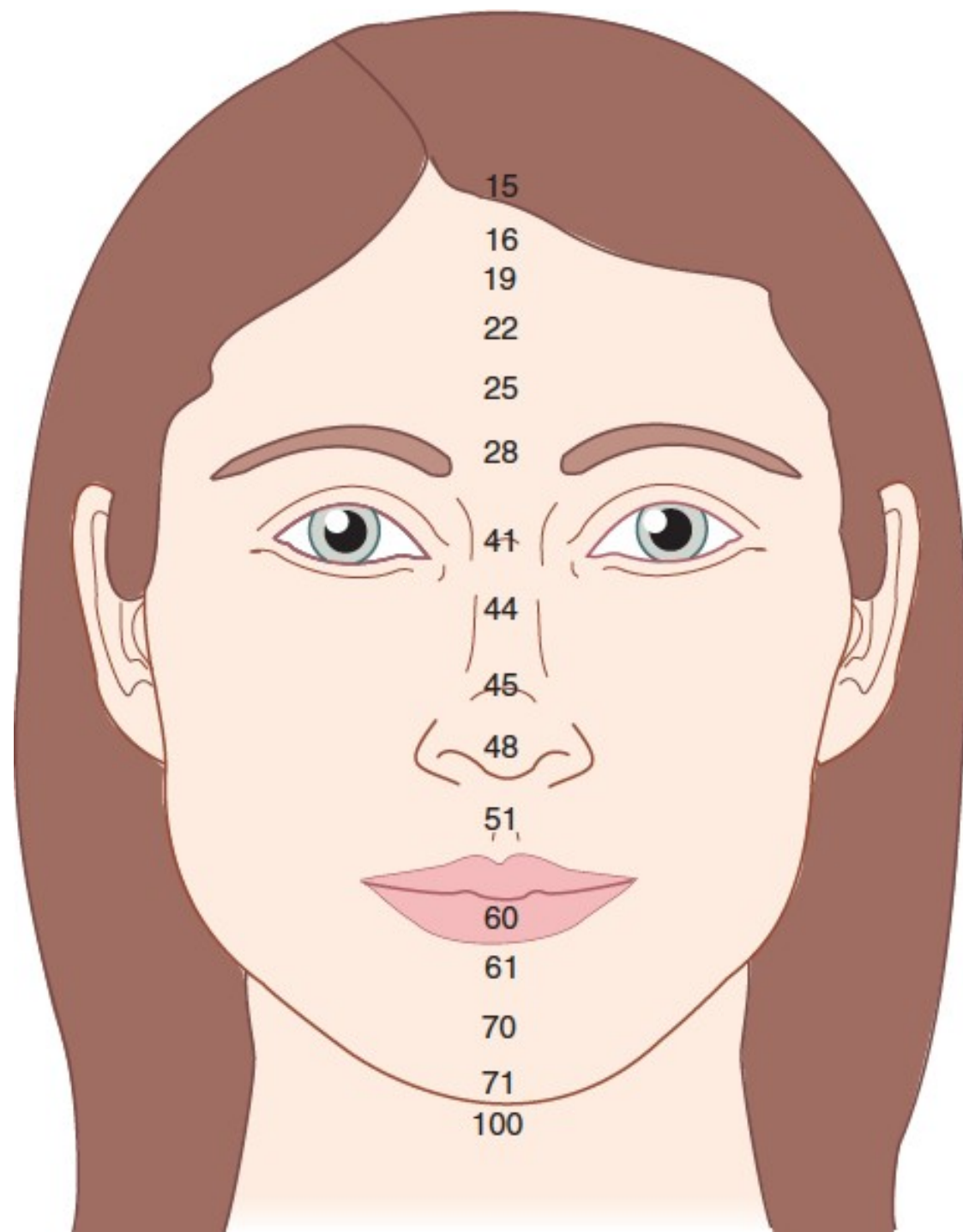


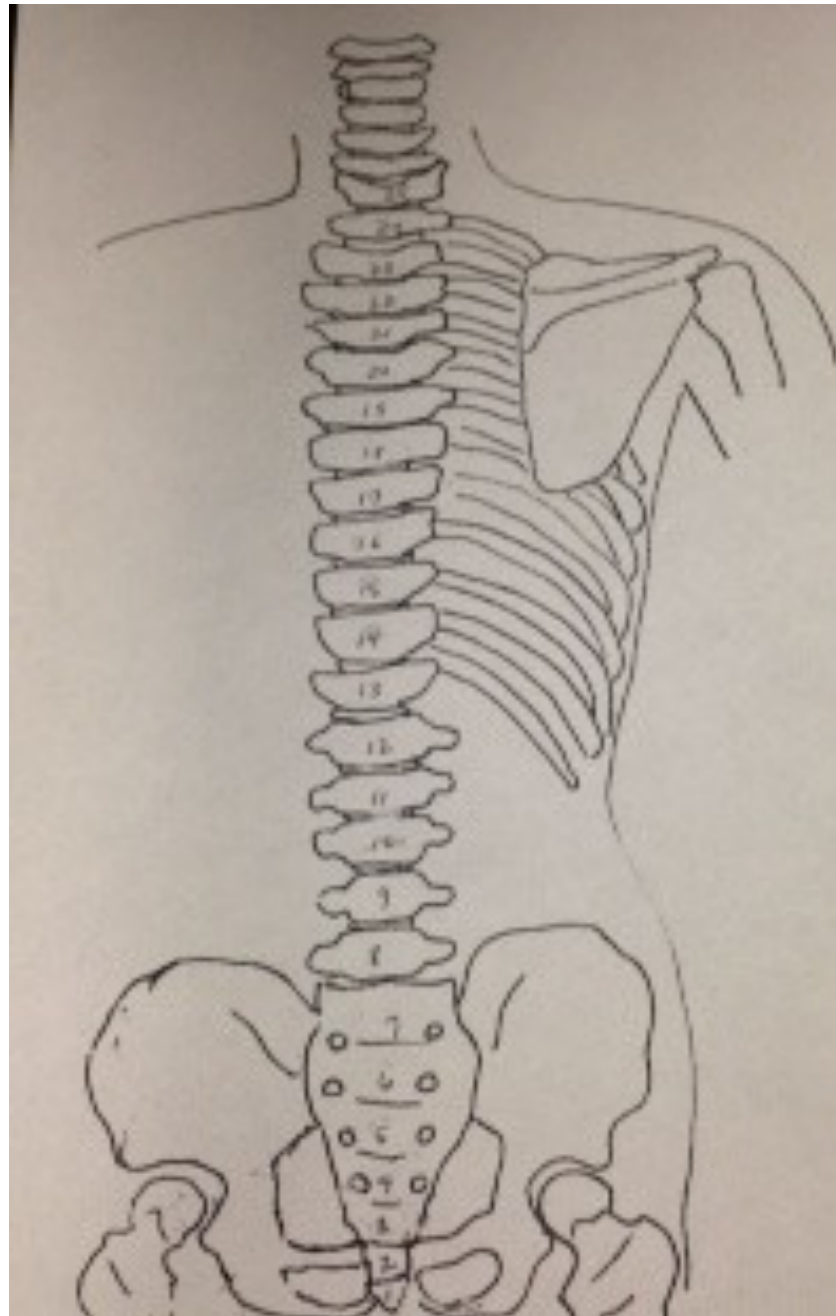
Male Ears

# Female and Male Age Map









© Lotus Institute, Inc.

# The Facial Map of Life Experiences Traumas and PTSD

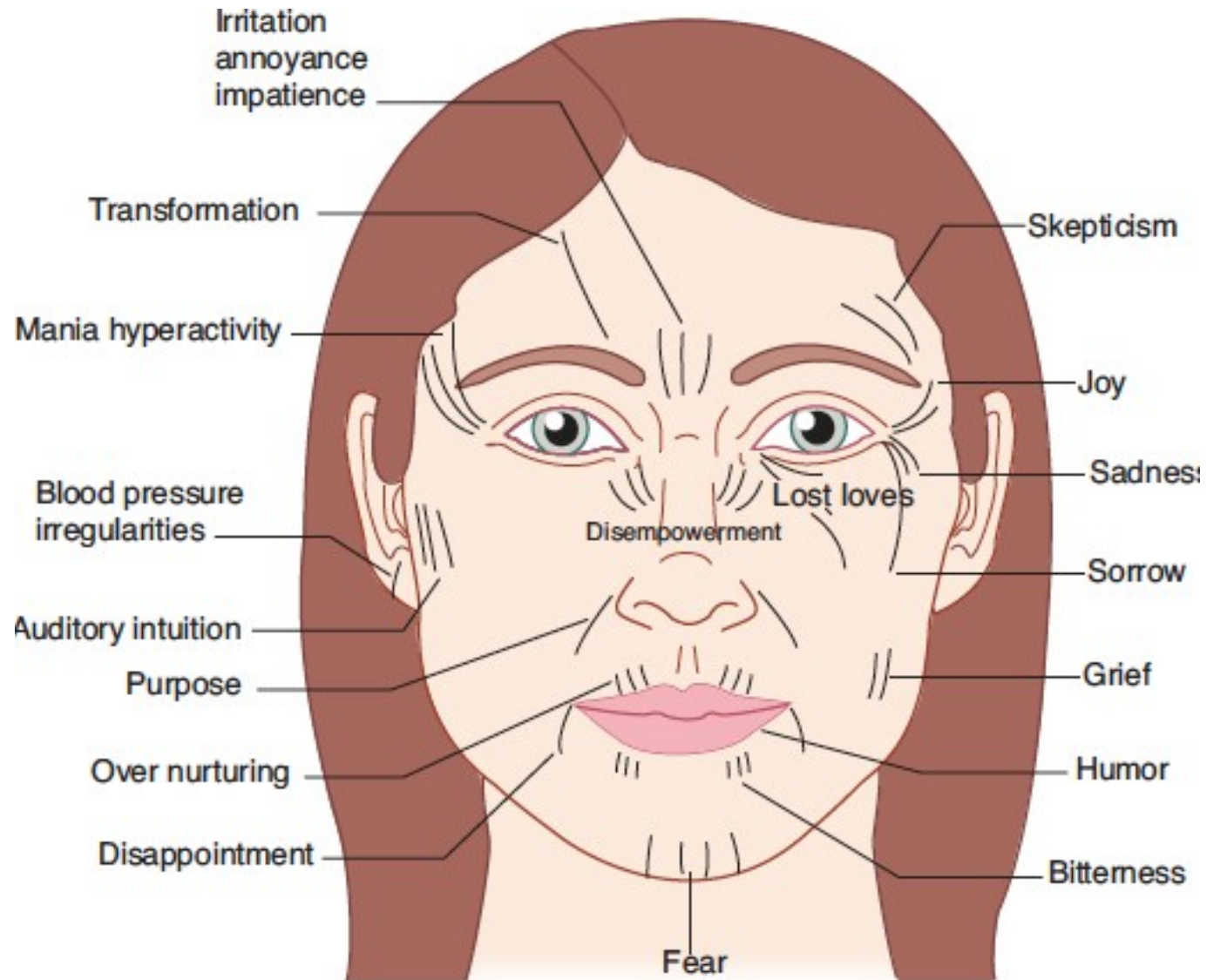
**“A man finds room in the few square inches of his face... for the expression of all his history.....”**

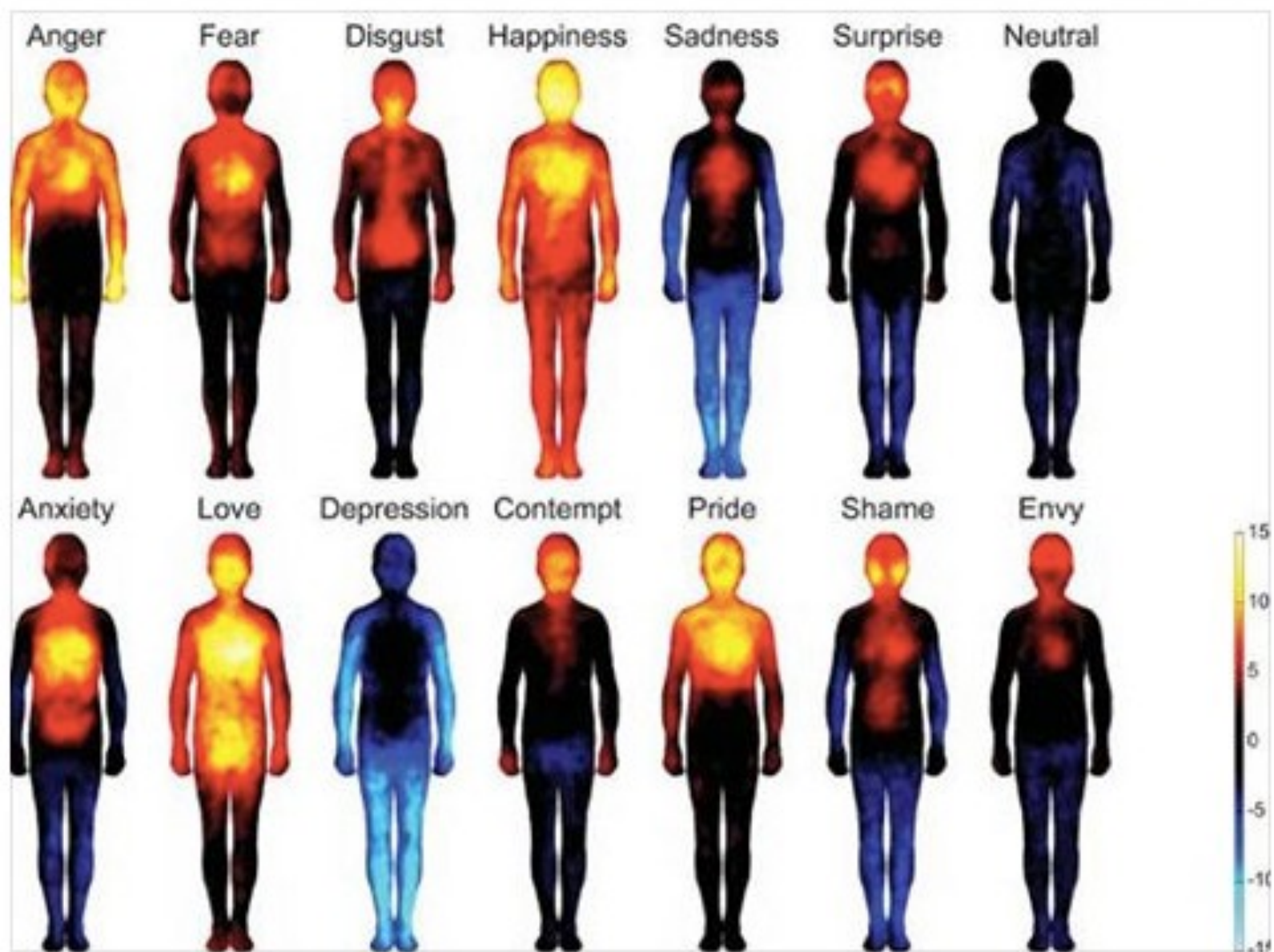
Ralph Waldo Emerson, *Behavior* “The Conduct of Life.”

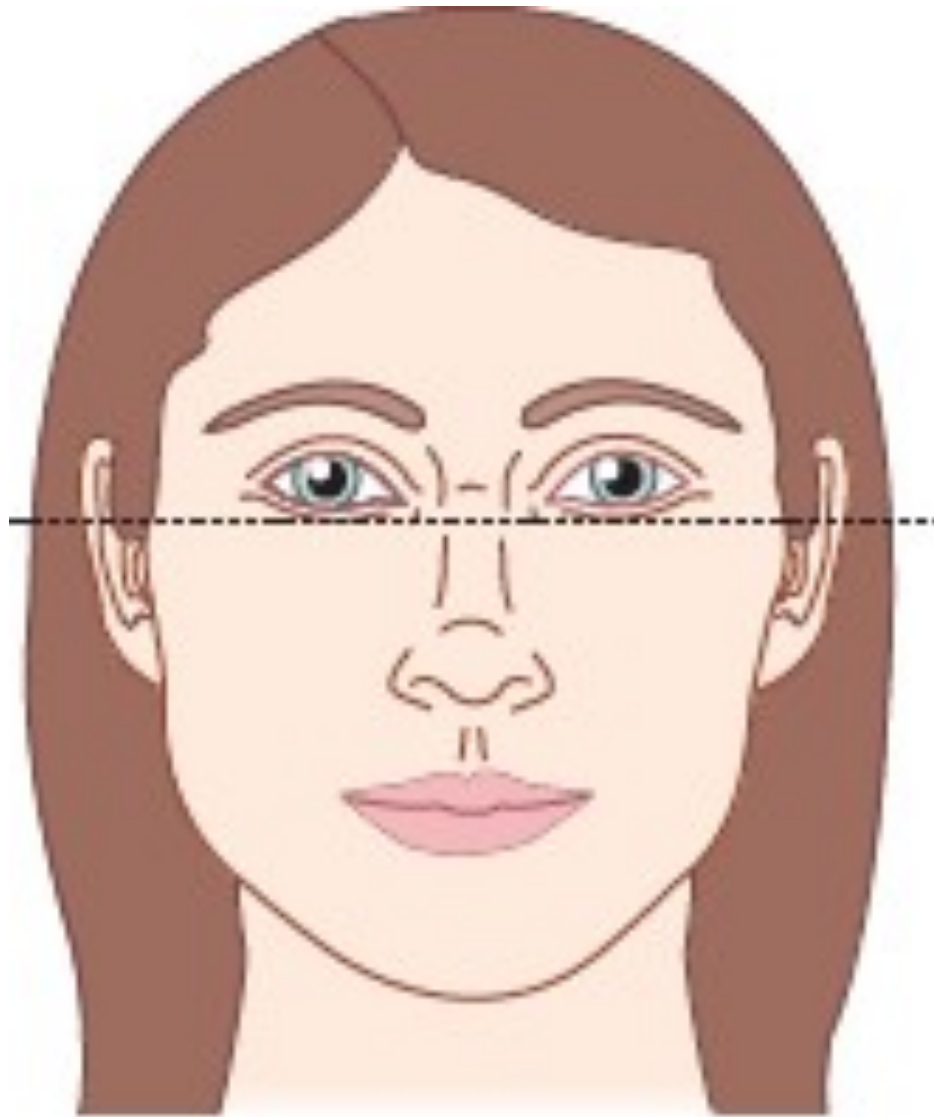
- Like rings of a tree, the face records significant past traumas
- Whenever something traumatic or stressful occurs in a person's life, the face marks in a certain place corresponding to an age or time period in a person's life.
- PTSD will be much worse in someone who has a pattern of previous trauma that may be unrelated to the current event. For example: an abandonment issue caused by a parent's divorce early in life can set up a stronger feeling of abandonment when the patients loses a friend in war.
- This Facial Map can also be used as an Acupuncture Point Map where the trauma can be treated directly at the age position where the trauma marks, starting with the earliest traumas. Then, all future manifestations of that trauma can be treated to lessen the severity of re-occurrences of PTSD symptoms.



# Emotional Map



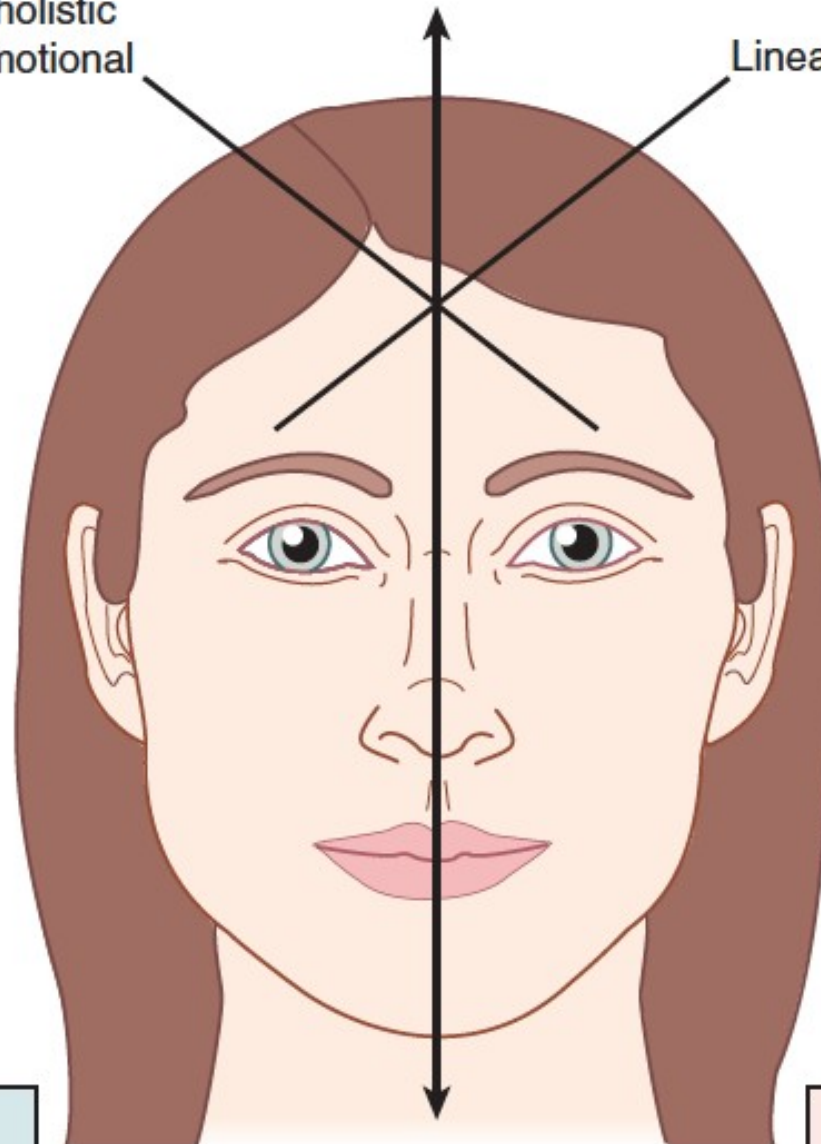




Top Heavy and Bottom Heavy Faces

Creative  
Intuitive  
Wholistic  
Emotional

Analytical  
Factual  
Logical  
Linear (details)



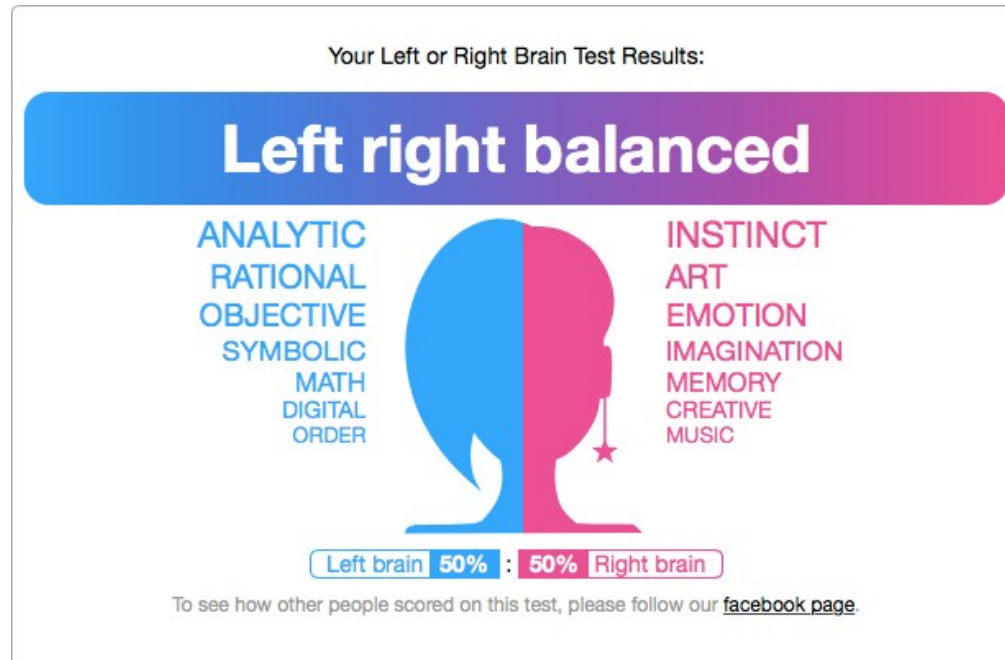
Yin

Yang

Right Side  
**PUBLIC**  
How you want  
to be perceived

Left Side  
**PRIVATE**  
How you truly are

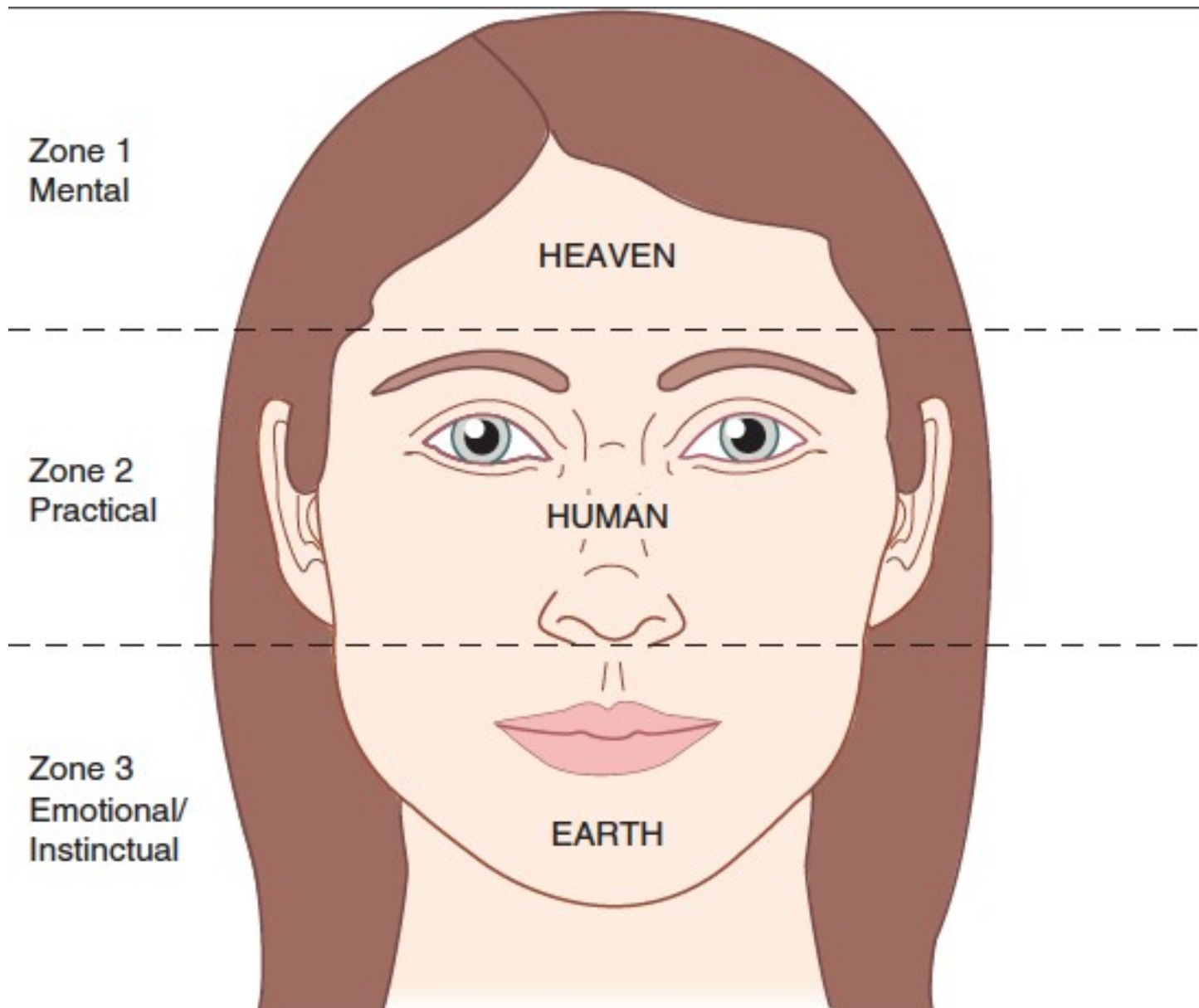
# Left Brain/Right Brain Test

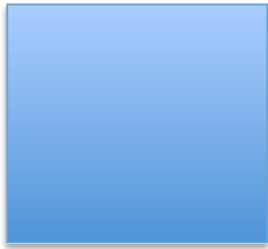


<http://www.arealme.com/left-right-brain/en/>



# Three Zones

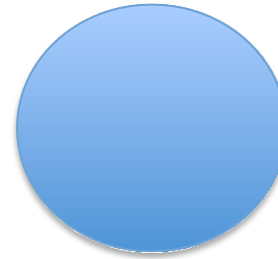




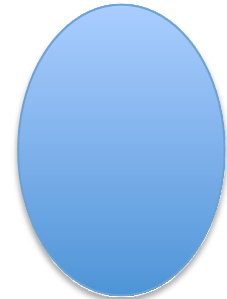
Square



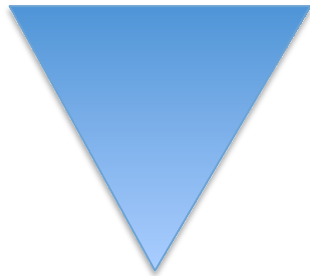
Rectangular



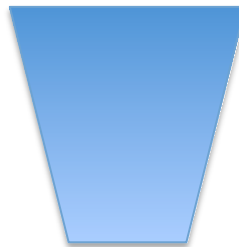
Round



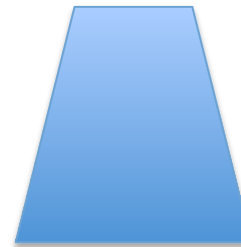
Oval



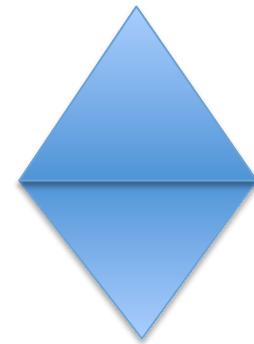
Triangular



Trapezoid

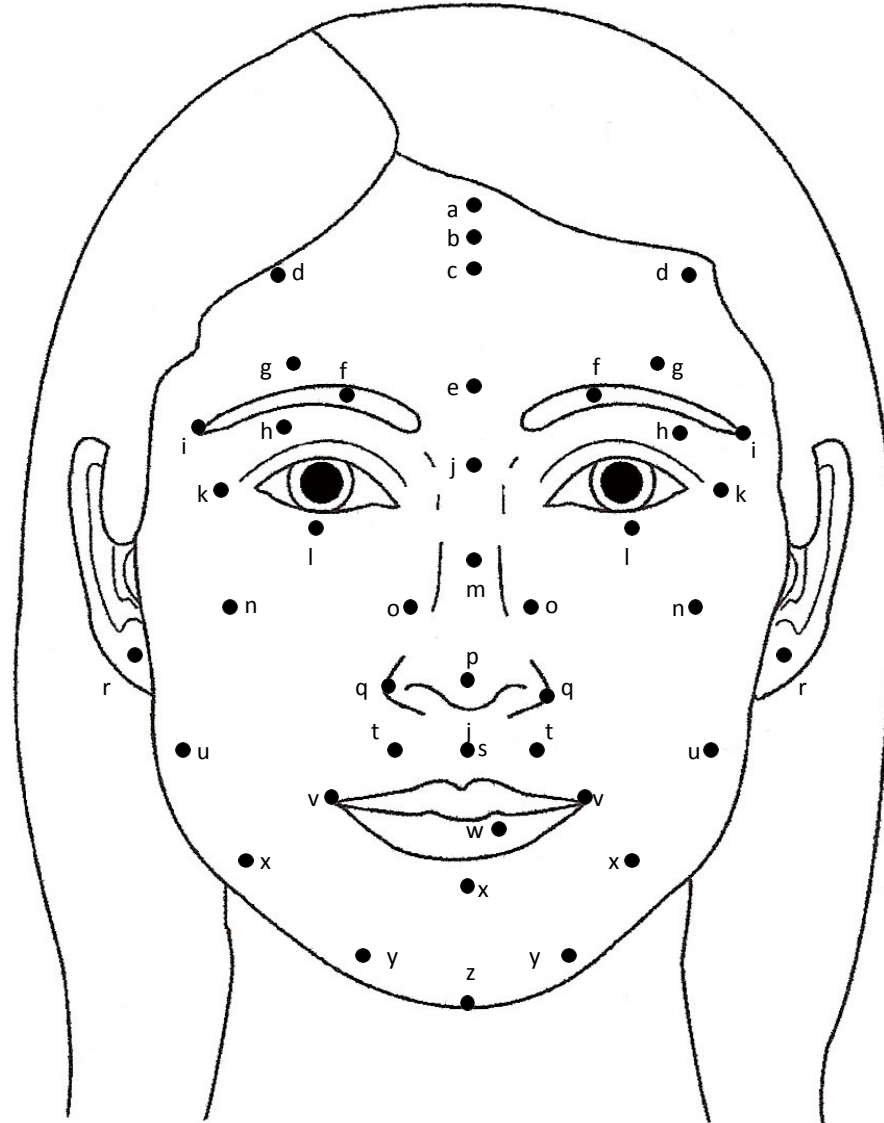


Inverted  
Trapezoid



Diamond

# The Face Shapes



The Mole Map



# Mole Map Legend

- a.- c. A somewhat rebellious person (particularly in late adolescence). Also, a free spirited soul who likes change and dislikes rules.
- d. Adventurous but needs to be more cautious.
- e. A person who prefers spontaneity to planning. And, has some trouble in relationship because of a strong temper.
- f. May become well known for creativity and artistry. Good luck for wealth and potential for fame if you work with passion.
- g. Good at making money but trouble with family members and friends asking for or needing financial help.
- h. Frequent arguments with family members
- i. Somewhat argumentative and spends money easily.
- j. Likes to take shortcuts and needs to live life intensely.
- k. Attracts the opposite sex easily and gets more attention than he or she often wants.
- l. Very responsible and works hard. Loves children but worries about them or gets sad because of them.
- m. Has money troubles due to reckless spending but attracts others easily as good at flirting.
- n. The Humanitarian Tear – someone who feels the sorrows of the world and is compassionate.
- o. Take care of your health as it is easy to get sick.
- p. Gets a lot of attention from the opposite sex, usually sexual in nature.
- q. Very good at saving and handling money.
- r. Lucky mole that signifies wealth and a good reputation.
- s. May have trouble conceiving or bearing children.
- t. Always attracts the opposite sex or loves to eat or both.
- u. The Humanitarian Tear – someone who feels the sorrows of the world and is compassionate.
- v. Loves food and talking.
- w. Attracts the opposite sex and is very sensual.
- x. Gets in touch with ancestral knowledge when older.
- y.-z. Ancient Wisdom from mother's family – right side or from father's family – left side. Higher is more recent, lower more ancient.

# Advice for Conducting a Consultation

- Suspend Judgment
- Be Positive
- Tread Lightly and Keep a Secret
- Read Adults – Encourage Children
- Honor Your Clients and Patients
- Love Your Clients and Patients Unconditionally

# Advice for Conducting a Consultation Part II

- Observe what “jumps” out at you
- Ask Questions and Remember the Answers
- Praise and Compliment their features and their meanings
- Be Compassionate with their stories and revelations – Listen and allow
- Give Advice on how to clear and process their issues and patterns
- Create a Profile that gives them a stronger sense of who they are