

Face Reading Workshop



What Message Is Written On Your Face?

Shu Om Mani, Hong Kong



- Studying **Feng Shui and Chinese Astrology** from my uncle since age 13 through apprenticeship
- Certified **TCM Wellness Specialist** and **Tibetan Singing Bowl Practitioner**
- Had a corporate career as a **Human Resources Manager** for almost 10 years and has been using **Face Reading** in recruitment and training with successful results!

Psychology of Reading People

- Focus MORE on movements, micro-expression, gestures
- Statically derived
- Moving habits can be changed, although hard for some muscles (subconscious)
- Mostly Dynamic

Face Reading

- Focus MORE on born facial features
- Elders found correlations between facial features and characters by experience
- Features could change slightly (5-10 years to see difference)
- Mostly Static

A large, vibrant red speech bubble is the central focus of the image. It has a white outline and a white shadow on its left side, giving it a three-dimensional appearance. The text 'Facial Features & Personality Traits' is written in a clean, white, sans-serif font, centered within the bubble. The background is white and features several thin, light gray curved lines that sweep across the frame, some solid and some dashed, creating a sense of motion and depth.

Facial Features & Personality Traits

Thinker vs Doer

- **High and wide forehead + small chin:** Philosopher, think more than execution, a good critic, perfectionist; don't like to "settle down" in one place
- **Full pre-frontal cortex:** Good memory, good at schools
- **Narrow forehead:** Do before they think; less opportunities to get educated
- **High corners of the forehead:** Strong analytical skills
- **Also round:** Strong imagination





How To Find A Good Accountant

People with “One Brow”

Rishi Sunak, Chancellor of the Exchequer, UK

Do You Know
What You Are
Doing?

EYES: Windows To Your Soul

- Sharp distinction between eye ball and eye white, with radiance, sharp and firm gazes: show confidence, good psychical health and mental state
- Advanced: reading the “spirit” behind the eyes - wilful, determined, know where one is heading vs dead-fish, wandering looks





Meghan Markle

NOSE: Pride and Ego

- **Bridge of nose tall and high and straight:** High self-esteem, high sense of integrity, professionalism, ambitious
- **Nose with a hump:** stubborn, self-centred, argumentative
- **Hook nose (Curved bridge + sharp tip of nose):** Cunning, smart in business, opportunistic, egoistic
- **Tip of nose pointing upward:** Proudful, idealistic
- **Fleshy tip of nose + big nostrils:** Generous and giving

Can You Keep a Secret?

Gossipers:

- Gums are shown when laughing
- Teeth were grown messily
- Lips are not shut even when not talking



Emotional vs Logical Buyers

- **Big eyes and round dolly eyes + double eyelid:** more compassionate, easily moved by emotions (and sales person's persuasion)
- **Small, thin eyes + single eyelid:** more logical, analytical
- **Eagle beak at the inner eye corner:** Very smart, good strategist and bargainer



Who Loves & Believes In Sweet Words?



Kim Kardashian



Reese Witherspoon

- The gap between nose and lips (philtrum) is **Short:** love praises; **Long:** sceptical
- **Shallow vs deep Smile Folds:** More carefree vs principled and orderly

From Boys To Men

Jawline!

- **Strong Jawline:** Masculine hormone, endurance, resilience, responsibility-taking
- **Smooth muscles/fleshes surrounding jawline:** leadership potentials (ability and willingness to take care of others), family-based, gain lots of support from people around him



Violence Tendency

- Extra strong that **jaws stick out**: Hold grudges, secretive, suppressive of their bad temper, rebellious
- Together with **thin brows, strong cheekbones**: Violence tendency and will take revenge
- Together with **thick and messy brows** that press down to the eyes: Home violence when under alcohol/ drug effect



Ezra Miller

Is He A Player?



- **Thick eye brows:** High sex & physical drive; Better channel the energies to sports and physical labour as healthy release
- **Tidy brows:** Calm, with self control;
- **Messy brows:** Having emotional turbulence
- **Thick brows + watery + sleepy eyes:** Sexual desire overly stimulated (but with bad performance – “kidney meridian”), indulgence

- **Thick lower lip but super thin upper lip:** Articulate, a sweet talker but might not be genuine; lower lips represent our instinctual desires (food, sex); upper lips - compassion
- **Butt Chin:** Sexy, sexual and sensual



Ben Affleck

Horny Guy Lacking of Self- Control?

- **Lips not shutting when not talking:** Weak self-control
- **The entire mouth + jaw portion of the face is tilting forward:** Animal instinct might take lead, less sense of shame
- **Eye balls pop up + watery eyes:** addicted to porn; fantasize about sex all day, usually very talkative too
- **Bushy brows:** Mental state is a mess



Disclaimer

- These are NOT used for making judgements!
- Describes tendencies of characteristics only (**Nature**);
- To what extent? Depends on education and one's own awareness (**Nurture**)
- At best, these clues could become valuable add-ons to your first impression and make it more accurate
- Also never ignore your **intuition**; they are usually correct!



Face & Health

Disclaimer



Never use this for diagnosis – these are **CLUES** only; See them as warning signs asking you to take a closer look on your health



The accuracy of using these clues takes times and experience to improve – expect some discrepancies to happen!

Nose

Crooked Nose:

- Weird personality
- Usually have scoliosis



Short and Small Nose:

- Timid, nervous
- Weaker in heart and digestive functions



Big Nose:

- Ambitious, strong personality
- Be active and outdoor to release your excessive energy to stay healthy



Lips and Digestions



- **Thick lips:** Good at digestion; easier to get overweight
- **Thin lips:** Less appetite; body stays at flight or fight response most of time, tend to be leaner

Lip Status

- **Chapping and dry lips:** Drinking more juices, honey can help nurture your organs
- **Acnes around lips:** Digestive performance low
- **Lips are red hot:** Heat in the body; avoid eating too many deep-fried food. Drinking more water and cooling drinks could help
- **Lips are pale white:** Lack of blood and Chi flow. Need to improve nutrition + physical activities

Corners of Eyes

- **Yellowish secretion:** Mild inflammation in the body due to overwork - time to rest more, sleep more and early (before 11am), drink more water, don't look at the screens
- **Dark circle and greyish colour around the eyes:** Circulations of the face are not working well due to neck issues, sleep issues, or generally lack of Chi
- **Dry eyes:** Meridians are blocked
- **Teary eyes:** "Liver" and "kidney" functions are weakened

How To Read Colors On The Face



- Imagine a **colored filter** adding onto your no-makeup Instagram Photo
- Look into the mirror and compare to yourself with photos a few months ago!
- Colors on your face shows 1-3 months of your health status
- “Aging face”: Yellowish layer over the entire face + dull skin + eye white is also yellowish > “Liver” + “Spleen” issue in TCM: Stress & emotions, digestion and absorption, detoxing, not sleeping enough, lack of workout

Red Tip of Nose

Digestive system is overheat – usually also comes with constipation

Are you eating too much sugary food recently?

Entire nose is red – Better go have a check-up on your heart's functioning

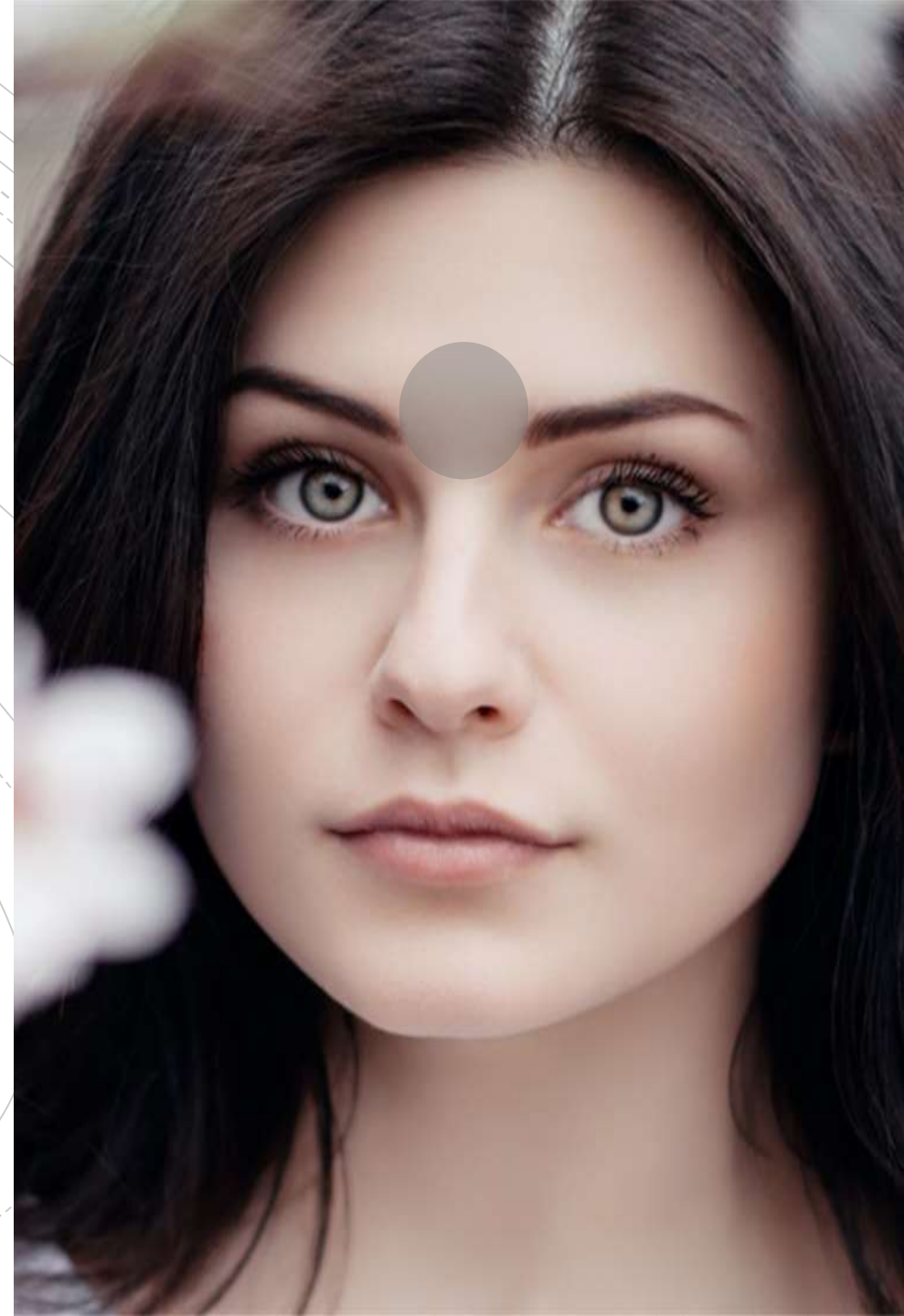


Colors Between Brows

Dark Greyish: Brain lacking oxygen; heart's function is weak

Red: High blood pressure, bad temper, heart is overworking

Yellow: Weak in digestion and nutrition absorption

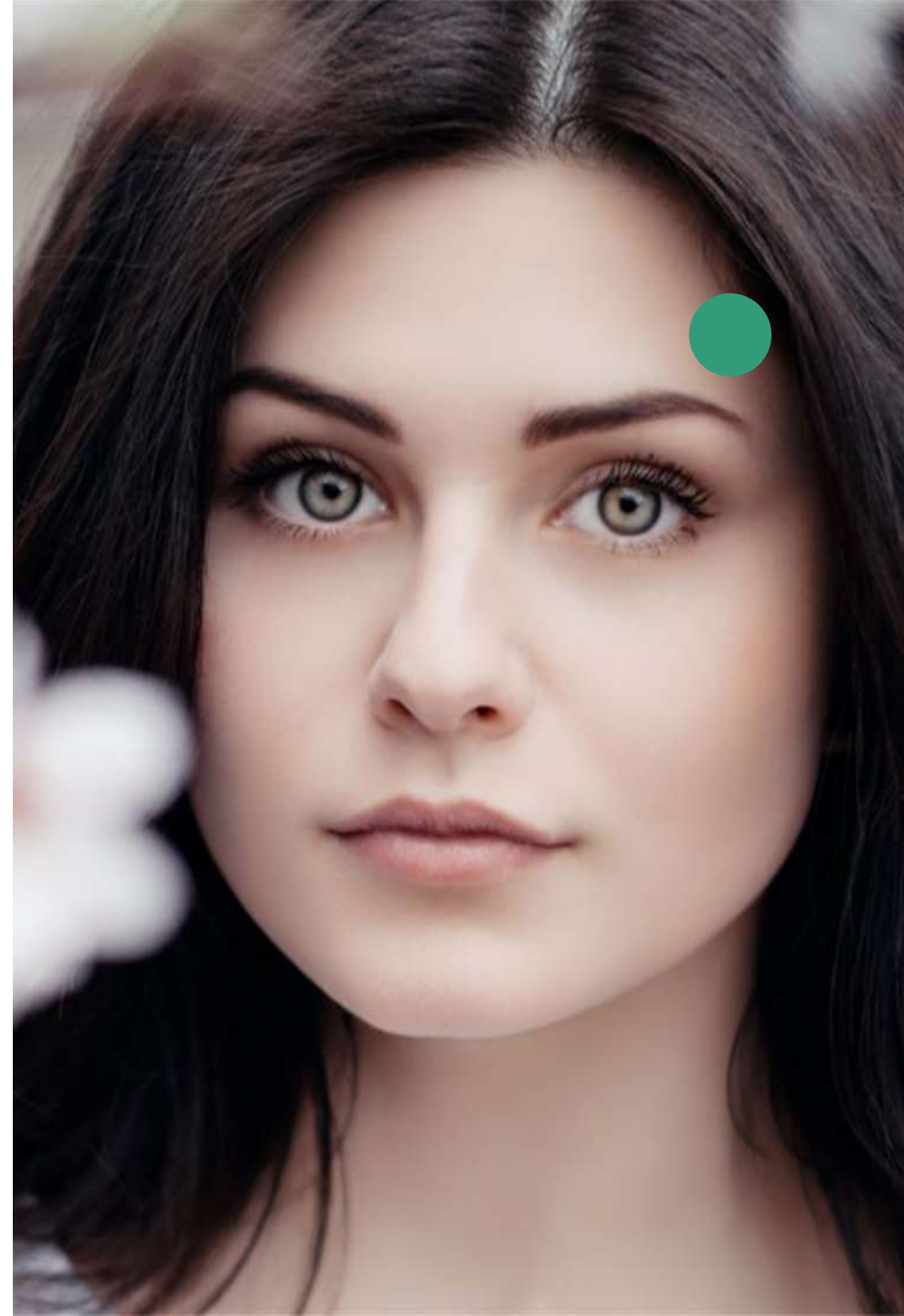


Temple

Blue veins: Detoxing issue/ anxiety/ fearful/ bad dreams

Are you accumulating too much toxins by food, or your “Chi” is too weak to flush them out?

Small child: Being scared frequently, not feeling safe



How To Know If You Have Enough Chi?



Daily Practice!

- Look into the mirror in the morning
- Observe the colors and complexion of your face
- Do you look tired or bright? Do your eyes shine?
- Is your face tight or swallowed?
- What color layer (if any) is on the face?
- Touch and gently massage your face – anywhere feels like more love (sore, tight, dry, fragile)? 😊



Thank You!