

The Face: A Portrait of *Qi*, Part 3

The Emperors Court and Palace Gardens

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In our previous column, we addressed the archetypal facial landscape and how memory patterns exhibited outwardly as facial microtensions (i.e., wrinkles, lines and sagging) can cause emotional disharmony in body/mind and spiritual essence. In contrast to Western archetypal symbolism, which represents characters, situations and symbols that influence our daily lives via the unconscious mind, the Chinese interpretation embraces the ideology of *qi* manifestation. The idea that our thoughts and actions are motivated by the harmony or disharmony of *qi* flow throughout the body is the basis of Eastern philosophy.

The body/mind/spirit is inseparable, and communication between these three states of being is facilitated by the vitalizing flow of energy contained in the meridians, which transport precious ancestral information in the form of cellular memory. Additionally, each *zang/fu* organ whose Five-Element function is a mirror of its position within an Imperial “hierarchy,” houses a virtue, a particular archetypal persona (i.e., one of the 12 Officials) and a balanced or imbalanced expression, which can support the harmony, growth and evolution of each individual or group.

“Watering” the Palace Gardens

The six levels, *taiyang/shaoyin*, *yangming/taiyin* and *shaoyang/jueyin*, represent another aspect of the archetypal balance/imbalance of *qi* flow. Imbalance manifests in emotions that disturb, compromise or impair, while virtues of wisdom, benevolence and integrity flow abundantly in a balanced individual. Cultivation of *qi* as a gateway to longevity, beauty and conscious development of virtuous qualities has long been a tradition of Chinese medicine. Acupuncture is an important tool to unblock *qi* and also liberate the free flow of *shen* and *jing* in the Three Treasures and the virtues of the organs.

An examination of the state of the facial landscape provides the practitioner with insight into the overall health and well-being of the body. Acupuncture then provides an avenue of communication between the *yin/yang* pairs and primary archetypal circuitry represented in the meridians and the cutaneous energy pathways of the six divisions.

Taiyang/Shaoyin. *Taiyang* represents heaven expressing *shen* through the union of the *yang* aspects of fire and water – the archetypal expressions of discernment and containment. Its *yin* counterpart is the union of *shaoyin*, the *yin* aspects of fire and water. Heart and kidney clear inner sight and encourage harmonious alignment. *Taiyang* and *shaoyin* manifest as another archetypal strength, that of propriety and wisdom.

Emotions that disturb the relevant organ systems include the following:

- Small intestine: abandoned; lost; neglected; deprived of love, intimacy, nourishment and warmth; unable to receive.
- Urinary bladder: shame; paralyzed; shyness; hurt; helpless; unfulfilled yearning; self-pity; resignation.
- Heart: acute grief; shock; self-protection; broken trust; feeling used; betrayal; trapped; hurt; hard-hearted; deep yearning; boredom; remorse; uncreative; not lovable; bureaucratic; withholding; rigid; disappointment; greed; coldness.
- Kidney: fear; guilt; powerless; broken will; disappointment; demoralized; fright; exhaustion; survival issues; brutal experiences.

Yangming/Taiyin. *Yangming* represents earth expressing *jing* essence through the alliance of the *yang* aspects of earth and metal; the archetypal expression of integration being a centered and effortless release. Its *yin* counterpart is the union of *taiyin*, the *yin* aspects of earth and metal, with spleen and lungs expressed as the archetypal energies of transformation and receptivity. *Yangming* and *taiyin* manifest archetypally a deeper expression of integrity and righteousness.

Emotions that compromise the relevant organ systems include:

- Stomach: obsession; recurring thoughts and worry; energy loss from preoccupation; anxiety; powerlessness, excessive hatred; stressed; devastation, excessive demands; inability to process.
- Large intestine: critical; controlling; narrow-minded; perfectionism; dogmatism; compulsive; cynical; emotional outbursts.
- Spleen/pancreas: feeling inadequate; self-punishment; dependent; lack of boundaries; overly sensitive;

overly worried; low self-worth; smothered.

- Lung: chronic grief; sadness; unfulfilled longing; feeling trapped; isolated; despair; disappointed; hopeless; lost zest for life.

Shaoyang/Jueyin. *Shaoyang* represents the body of *qi* expressing humanity through the union of the *yang* aspects of fire and wood, the Triple Heater and gallbladder, and the archetypal energies of alchemy and judgment/decision-making. Its *yin* counterpart is the union of *jueyin*, the *yin* aspects of fire and wood, the Heart Protector, the pericardium and liver. This partnership combines intimacy with keen perception, and mobilizes positive action, manifesting as propriety and benevolence.

Emotions that impair the relevant organ systems include:

- Triple Heater: humiliation; indecisive; feeling left out; inhibited;
- choked; giving up; denial; no right to self-expression; conflict; dissatisfaction with life; unable to deal with others; resentful; overly critical; workaholic; addictions.
- Gallbladder: inability to see other viewpoints; resentment; recycling of past pain; feeling like a martyr/victim; indecision; blame, self-pity; feeling second-best; unable to forgive; bitter; manipulative; a sense of false pride.
- Pericardium: acute grief; shock; broken trust; betrayal; hurt; deep yearning; remorse; not lovable; disappointment.
- Liver: anger; frustration; unable to take action; withholding feelings; complaining; unyielding; self-sabotage; discontent; unacknowledged; toxic; incapable of standing up for oneself.

We have explored *qi* as an ever-changing image of human consciousness and growth, a template of ancestral memory and an evolving dynamic of individual health. The expressions of the face, being intimately linked with the brain, serve as a life map that manifests outwardly the archetypal energies of the Five Elements, the 12 Officials and the Six Divisions.

Whether your patient yearns for the renewal (inner and outer) of beauty, relief from Bell's palsy, the aftermath of a stroke or the pain of TMJ, facial acupuncture, rooted in the precepts of Oriental medicine, supports the evolution of their well-being by wisely embracing the perennial philosophy of relationship, flow, harmony and balance.

TABLE 1: THE EMPEROR’S COURT, THE 12 OFFICIALS			
Yin Organ	Archetypal Persona	Balanced Expression	Imbalanced Expression
Heart	Emperor	Source of shen and clear sight	Confused; unclear thinking; propriety and order are lacking
Kidney	Minister of Health	Determines the strength of body; controls water and fluids; stores will and inherited constitution in form of yuan qi and jing	Fearful; disconnected; experiences separateness in life
Heart Protector; Pericardium	Celestial Empress; protects the Emperor (the heart)	Governs intimacy	Difficulties with relationships and experiences; emotionally distant; inappropriate behavior or lack of boundaries
Liver	General	Perception; planning protection through detoxification	Depression; frustration; anger; irritability; chronic indecision; impeded perception and focus
Lung	King’s Minister	Receptivity: receives pure essence	Sadness, melancholy, low self-esteem; a need to conquer; unable to receive little gifts of life
Spleen	Official	In charge of granary, transformation & transportation, distribution of nourishment	Obsessive-compulsive; self-pity; confuses sympathy for empathy
Yang Organ	Archetypal Persona	Balanced Expression	Imbalanced Expression
Small Intestine	Receiving Official	Separates the pure from the impure; conducts essence to and from the heart	Overwhelmed; confused; foggy-headed; compromised thought, word and deeds
Bladder	Minor District Official	Stores reserves, manages and dispenses resources; controls storage of water & excretes fluids	Fearful; greedy; sour disposition; unable to hold onto anything of meaning in life
Triple Heater	Irrigation Official	Maintains homeostasis, body thermostat, supports social relations, networks and communications; water-channel balance & harmony	Disconnected; withdrawn; marginally engaged; very limited range of self-expression

Gallbladder	Judge/Arbitrator	Wise judgment; supports the perception of liver	Limited insight; irritable, frustrated; rage or violent behavior
Large Intestine	Official	Lets go of that which no longer serves	Insecurity; fearful of what future may hold (when large intestine is obstructed)
Stomach	Official	In charge of granary; nourishes through the integration of experiences acquired throughout life	Overloaded in all areas of life; inability to integrate past or present issues

TABLE 2: THE PALACE GARDENS, THE SIX DIVISIONS

Yang Flows	Channel	Aspect	Endowment	Element	Virtue(s)	Channel	Yin Flows
Taiyang	SI/Bl	Heaven	shen	fire/water	propriety/wisdom	Hi/Kid	shaoyin
Shaoyang	TH/GB	Humanity	qi	fire/wood	propriety/benevolence	PC/Liv	jueyin
Yangming	LI/St	Earth	jing	metal/earth	integrity/righteousness	Lu/Sp	taiyin

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