

# Ayurveda and Fall part 2

## Ayurveda and Fall part 2

The Vata Dosha is the one connected with Fall lets find out what Vata is about:



In week 352 we are sharing the Vata dosha predominates, movement and change are characteristic of the nature of Vata.

You tend to always be on the go, with an energetic and creative mind. As long as Vata is in balance, you will be lively and enthusiastic, with a lean body, Energy that controls bodily functions associated with motion, including blood circulation, breathing, blinking, and your heartbeat.

- In balance: There are creativity and vitality.
- Out of balance: Can produce fear and anxiety.

Vata Predominant Types: Creative; Quick to learn and grasp new knowledge, but also quick to forget, Slender; Tall and a fast-walker; Tendency toward cold hands and feet, discomfort in cold climates; Excitable, lively, fun personality; Changeable moods; Irregular daily routine; High energy in short bursts; tendency to tire easily and to overexert; Full of joy and enthusiasm when in balance; Responds to stress with fear, worry, and anxiety, especially when out of balance; Tendency to act on impulse; Often have racing, disjointed thoughts; Generally have dry skin and dry hair and don't perspire much.



## How to Remedy Common Vata Imbalances

### Vata-Pacifying Guidelines

#### Daily Regime

- . Rise daily by 6am
- . Daily bowel movement
- . Abhyanga wt Sesame oil
- . Shower and Pray/Meditate
- . Time for rest & reflection
- . Yoga/walking/short hikes
- . Listen to soothing music
- . Keep warm
- . Get enough sleep 7- 8 hrs
- . Meditate & bed by 10pm

#### Daily Meals

- . Breakfast by 8am
- . Lunch 12pm - 1pm
- . Dinner by 7pm
- . Favor warm and freshly cooked
- . Favor Sweet, Sour, and Salty foods
- . Minimize intake of raw foods
- . Avoid cold foods and drinks

#### Legumes

- . Mung beans
- . Red lentils
- . Tofu/Tempeh

#### Grains

- . Rice
- . Quinoa
- . Wheat
- . Cooked Oatmeal

#### Veggies

- . Asparagus
- . Zucchini
- . Carrot
- . Beets

#### Fruits

- . Banana
- . Avocado
- . Apricot
- . Berries

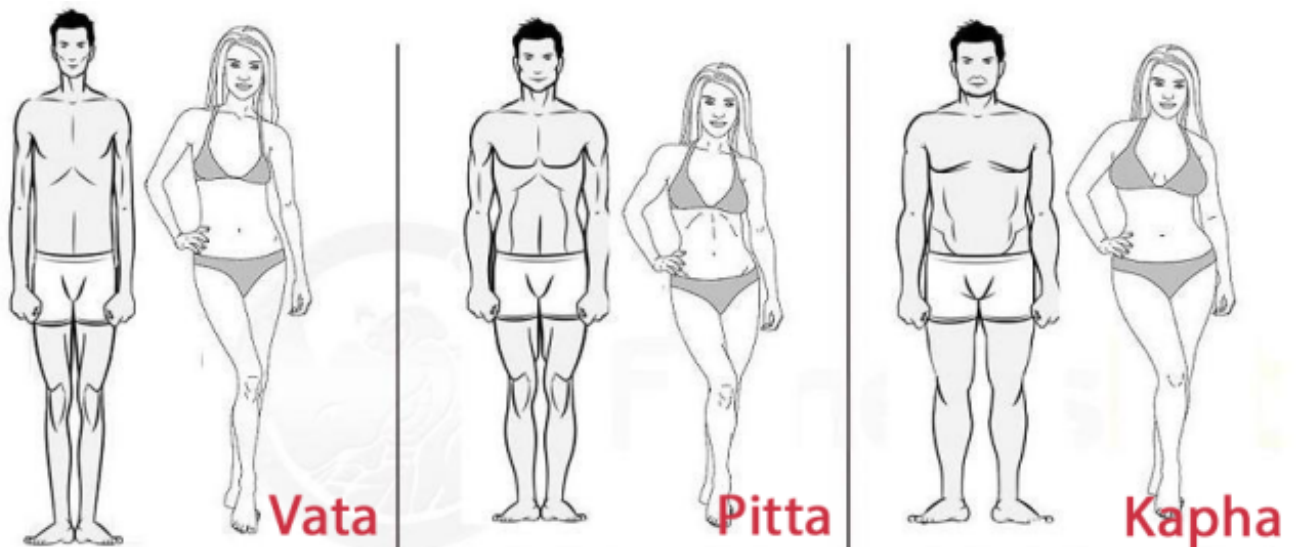
#### Spices

- . Cardamom
- . Cumin
- . Ginger
- . Cinnamon

#### Fats/Oils

- . All Soaked nuts and seeds
- . Coconut oil
- . Olive oil

## Physical Characteristics



Those with a predominance of Vata dosha usually have a thin, light frame and excellent agility. Their energy comes in bursts and they are likely to experience sudden bouts of fatigue. Vata's typically have dry skin and hair and cold hands and feet. They sleep lightly and their digestion can be sensitive. When the Vata dosha becomes imbalanced, it manifests in the body as weight loss, constipation, hypertension, arthritis, weakness, restlessness, and digestive challenges.

#### Emotional Characteristics

Vatas love excitement and new experiences. They are quick to anger but also to forgive. When Vata is in balance, they are

energetic, creative, and flexible. They also take initiative and are lively conversationalists. When unbalanced, they are prone to worry and anxiousness and often suffer from insomnia. When they feel overwhelmed or stressed, their response is, "What did I do wrong?"

The influence of Vata's ether and air contributions, we can feel light, carefree, and creative or spacey, scattered, and unstable. The etheric nature of Vata creates a sense of space, in which you may feel free or lost if it is not balanced. The airy aspect of Vata can inspire productivity or promote anxiety. Ayurveda teaches that like increases like much like the law of attraction, isn't it?. If you are dominantly Vata by nature or are consistently influenced by Vata, you are more likely to experience the negative effects of excess Vata during the Vata season.

**Who determines what Dosha we are  
and where it comes from?**

VATA	KAPHA	PITTA
<p><b>LATE FALL/EARLY WINTER</b> COLD, DRY, LIGHT, SWIFT, MOBILE, IRREGULAR, ROUGH</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Thin, light and wiry frame, long and tapered fingers and toes, small dark eyes, smaller mouths and thin lips.</li> <li><input type="checkbox"/> Dryness of skin, hair, lips and joints. Irregularity in bones, teeth, hair, spine ect (scoliosis).</li> <li><input type="checkbox"/> Extreme sensitivity to cold, wind, and dry weather.</li> <li><input type="checkbox"/> Cold extremities, such as hands, feet, and nose.</li> <li><input type="checkbox"/> Erratic appetites and irregular digestion.</li> <li><input type="checkbox"/> May suffer from arthritis, fibromyalgia, anxiety, migraines</li> <li><input type="checkbox"/> Irregular menstrual cycles with premenstrual physical and emotional symptoms.</li> <li><input type="checkbox"/> Light, restless sleep.</li> <li><input type="checkbox"/> Very active mind. Creative, artistic with imaginative ideas. Ideas change often. Open and tolerant of others. Energetic but sporadic.</li> </ul>	<p><b>LATE WINTER/EARLY SPRING</b> COOL, WET, OILY, HEAVY, DENSE, STATIC, STABLE</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Stocky build, large and strong frame, tendency to gain weight easily, and well-developed chest. Large and attractive blue or light brown eyes, thick eyelashes, round faces with full lips .</li> <li><input type="checkbox"/> Soft, thick, oily hair that is wavy and plentiful.</li> <li><input type="checkbox"/> Intolerant of cold, damp environments.</li> <li><input type="checkbox"/> Cool extremities that may be clammy (cool sweaty palms/feet).</li> <li><input type="checkbox"/> Steady appetite with slow but regular bowel movements and minimal urination.</li> <li><input type="checkbox"/> Tendency towards colds, congestion, allergies, water retention, and sluggish digestive systems.</li> <li><input type="checkbox"/> Regular menstrual cycles with little premenstrual symptoms</li> <li><input type="checkbox"/> Heavy sleepers with tendency to over sleep</li> <li><input type="checkbox"/> Easy going, fun loving, patient, slower moving, endurance, grounded deposition, resistance towards change</li> </ul>	<p><b>SUMMER</b> HOT, OILY, LIGHT, LIQUID, MOBILE, SHARP, SOFT, SMOOTH</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Medium-sized build, moderate muscle tone, ruddy coloring, medium sized eyes that are light in color.</li> <li><input type="checkbox"/> Skin is fair, warm, reddish, soft, and moist. Many freckles and moles, with a tendency towards rashes or acne. Soft, thin, light-colored or reddish hair, tendency to grey or bald early.</li> <li><input type="checkbox"/> Burn easily in sun. Sensitive to heat and humidity.</li> <li><input type="checkbox"/> Extremities are warm with good circulation.</li> <li><input type="checkbox"/> Robust, healthy appetites. Become irritable if they skip a meal.</li> <li><input type="checkbox"/> Prone to inflammation of muscles and tissues, especially in the shoulders and middle back where they accumulate stress. Indigestion, heartburn.</li> <li><input type="checkbox"/> Regular menstrual cycles with heavy bleeding and PMS.</li> <li><input type="checkbox"/> Light but moderately good sleep. Often overheat during sleep with tendency to burn candle at both ends.</li> <li><input type="checkbox"/> Intelligent, powerful, clear, focused mind. Aggressive, quick temper, competitive, workaholic, overly ambitious, great conversationalists.</li> </ul>

Here is a quick test to find out what Dosha you are:

Here is a great site to determine what dosha you are: [Chopra Dosha Quiz](#)

Prakriti is our basic constitution. This is determined at the moment of conception and relates to your genetically inherited physical and emotional qualities. Prakriti specifically relates to those qualities, characteristics, and tendencies that are the stable makeup of ourselves. For instance, while you may experience temporary changes, like gaining or losing ten pounds, feeling nervous or irritable, developing a cold or flu, to mention a few, in the natural course of life you will never gain or lose five inches on your height or experience a change of eye color unless is a major affection, but not in our normal state of health.

Prakriti is enlivened and described by three main doshas or forces: Vata, Pitta, and Kapha. These are loosely translated as Air, Fire, and Earth, respectively. Each of us has all three doshas in our constitution, in our unique proportions.

In Ayurveda, seven dosha-predominant Prakritis are described: Vata-predominant, Pitta-predominant, Kapha-predominant;

Three dual Prakritis,

Where two doshas are equally, or nearly equally predominant: Vata-Pitta predominant, Pitta-Kapha predominant

And Vata-Kapha predominant

And one Prakriti that has all three doshas equally prominent: Vata-Pitta-Kapha predominant.

Note: Even a thoughtful test cannot take the place of an evaluation by a qualified Ayurvedic practitioner. The results of this test may give a good indication of the primary doshas in your Prakriti but the evaluation of your practitioner may be more accurate.

Vata governs movement in the body, the activities of the nervous system, and the process of elimination.

## Qualities of Vata:



# QUALITIES OF VATA

- Dryness • Lightness • Coldness • Roughness
- Minuteness • Movement

## The 5 Elements



## 10 pairs of opposing qualities:

Furthermore, each of the 5 elements has a unique combination of basic qualities.

Heavy / Light  
Cold / Hot  
Oily / Dry  
Slow / Fast  
Gross / Subtle  
Dense / Light  
Soft / Hard  
Stable / Mobile  
Sticky / Clear

These five elements containing differing proportions of the opposing qualities in turn joins together categories termed as "Doshas."

## Basic Doshas

Doshas are also known as mind-body types, subtle energies that cannot be perceived but that express particular patterns - unique blends of physical, emotional, and mental characteristics.



VATA



PITTA



KAPHA



*Green Gram* Ayurveda Wellness Village

- Cold
- Light
- Dry
- Irregular
- Rough
- Moving
- Quick
- Changeable

As the external environment changes during the Vata season, your internal environment can experience the same type of changes; dry leaves, dry skin; crackly leaves, crackly joints; shorter days, shorter attention span; colder days, colder extremities, windy days, windy bowels. The qualities of Vata dosha are found in the disorders that are common at this time of year. By observing the processes of Mother Nature, you can better understand the processes of your body, mind, and spirit.

Applying the Ayurvedic principle that opposite actions create balance, you can maintain balance during the Vata season by emphasizing lifestyle and food choices that are grounding, stabilizing, warming, moisturizing, and softening. You can stay calm and connected in this whirlwind season with a consistent practice that includes nourishing and protective measures. Ayurveda promotes simple and regular routines as having a deeper effect on balancing Vata than an 'as needed' approach.

Offered here are Ayurvedic recommendations for enjoying the Vata season with stability and serenity:

Fall is a time of transition. It is evident everywhere around you. Many trees and shrubs are quietly undressing in

preparation for the winter. There is a subtle browning of the earth. Temperatures, which, just a few weeks ago were raging with the intense heat of summer, are beginning to hint at the telltale crispness of autumn. And there is the wind: slowly gathering strength, carrying the tides of winter on its breath. The autumn harbors a certain emptiness that can leave us feeling exposed and a little raw, but it is also filled with possibility—a time when we, too, can strip down to a quiet essence of being and savor the simplicity. The fall brings with it a predominance of air element and prana (the vital breath, the subtle essence of life) is abundant in the atmosphere. Autumn is dry, rough, windy, erratic, cool, subtle, and clear. These are all qualities shared by Vata dosha, and because like increases like, autumn is considered a Vata season. This same principle illustrates why taking a few simple steps to balance Vata this fall can be tremendously beneficial.

Ayurveda considers a seasonal routine an important cornerstone of health, year-round. Balancing the nature of your local climate with lifestyle choices that offset the potential for seasonally-induced imbalances is one of the simplest ways that you can protect your well-being. But keep in mind that the seasons vary widely from one place to another, as do the qualities that they engender. “Vata season” is whatever time of year most embodies the attributes that characterize Vata dosha: dry, light, cold, rough, subtle, mobile, and clear (or empty). Autumn is the classic Vata season. However, depending on where you live, the dry and expansive qualities of Vata may be prevalent components of your environment as early as summer, and the autumn may be followed by a very drying, cold, isolating, and/or windy winter.

Beginning to observe your environment from this qualitative perspective empowers you to respond to both daily and seasonal fluctuations in your local climate. The truth is that many of us adopt seasonally appropriate habits already, without even being conscious of doing so. For instance, summer is a time

when we often enjoy salads and watermelon in abundance, both perfect antidotes to the heat and intensity of the summer. Whereas by October and November, we're often baking delicious pumpkin bread and dining on hearty, grounding soups—foods that naturally subdue the dry, light, and erratic nature of the fall. By making diet and lifestyle choices that counter the effects of each season, you can better maintain your internal sense of equilibrium throughout the year

If we consider the Ayurvedic principle that opposites balance, Vata season (which is cool, light, dry, windy, and unpredictable) will be less aggravating if you fill it with warmth, oiliness, deep nourishment, loving relationships, and a sense of stability, routine, and groundedness. In addition, you may find it helpful to familiarize yourself with signs and symptoms of a Vata imbalance so that you are better prepared to address those immediately if they do arise. The following recommendations are appropriate for most people, but if you know your constitution or your current state of balance, you can tailor your seasonal routine appropriately. Below the general recommendations that follow, you will find links to more dosha-specific considerations.

Your diet is a powerful way to soothe Vata this fall. Substantive, oily, nourishing foods that are high in protein, high in fat, brought to life with warming, stimulating spices, and served hot, will go a long way toward maintaining your internal reserves of moisture and keeping you grounded through the Vata season. You'll also want to favor the sweet, sour, and salty tastes. In general, eat mushy, soft foods, and garnish them generously with ghee or oil. Breakfasts of cooked grains—like oatmeal, tapioca, cream of rice, and cream of

wheat—are perfect at this time of year. Lunches and dinners that include steamed vegetables, hearty grains, soups, and stews are grounding and moisturizing. If you eat meat and eggs, this is one of the best times of year to enjoy them. Dairy products and most nuts and seeds are also beneficial. In general, you'll want to reduce your consumption of raw vegetables, cold and frozen foods, as well as the bitter, pungent, and astringent tastes. It is best to minimize light, cooling, and drying foods like broccoli, cabbage, cauliflower, sprouts, leafy greens, white potatoes, beans, popcorn, crackers, millet, and dried fruit. If you do eat these foods, eat them in moderation and make sure that they are soaked, well-cooked, or served with ghee.

You may find that, during the course of the fall, you'll naturally want to increase your intake of food, but be careful to follow the lead of your appetite and digestion. This is also a great time of year to do a mono-diet type of cleansing. Vata requires adequate nourishment so it is best to avoid fasting.

## **The following is a list of ideal Vata season foods:**

Fruits to Favor

Apples (cooked)

Avocados

Bananas

Dates

Figs

Grapefruit

Grapes

Lemons

Limes

Mangoes

Oranges

Papayas

Prunes (soaked)

Raisins (soaked)

Tangerines

Vegetables to Favor

Beets

Carrots

Chilies

Garlic

Okra

Onions

Pumpkins

Squash, Winter

Sweet Potatoes

Grains to Favor

Amaranth

Basmati Rice

Brown Rice

Oats

Quinoa

Wheat

Legumes to Favor

Kidney Beans

Miso

Mung Beans

Tur Dal

Urad Dal

Nuts and Seeds to Favor

All nuts and seeds are supportive of Vata season

Dairy to Favor

Butter

Buttermilk

Cheese

Cream

Ghee

Kefir

Milk (not cold)

Sour Cream

Yogurt

Animal Products to Favor (If You Eat Them)

Beef

Buffalo

Chicken

Crab

Duck

Eggs

Fish

Lobster

Oysters

Shrimp

Turkey

Venison

Oils to Favor

Almond Oil

Ghee

Olive Oil

Peanut Oil

Safflower Oil

Sesame Oil

Sweeteners

Honey

Jaggary

Maple Syrup

Molasses

Rice Syrup

Sugar (Raw)

Spices to Favor (All Spices Are Good for Vata Season)

Allspice

Anise

Asafoetida (Hing)

Basil  
Bay Leaf  
Black Pepper  
Cardamom  
Cinnamon  
Clove  
Cumin  
Dill  
Garlic  
Ginger  
Mustard Seeds  
Nutmeg  
Oregano  
Paprika  
Parsley  
Rosemary  
Saffron  
Turmeric

## Vata Season Lifestyle Choices

One of the most effective ways to support Vata is by establishing a daily routine. Try to do the same things (wake up, exercise, eat meals, go to bed, etc.) at roughly the same time each day. Set the tone for your day by rising early, taking full advantage of the silence, stillness, and peace that are intrinsic to the early morning hours. Then, you can calm your nervous system, awaken your tissues, and ground your energy by massaging your skin with warm, organic Sesame Oil. Follow this practice with a warm, relaxing shower, leaving a coat of oil on the skin to absorb throughout the day. Steam baths and humidifiers can help to preserve internal moisture as well. Some gentle yoga and ten to fifteen minutes of



meditation will further your sense of stability and wellness. If you enjoy a little fragrance, vetiver, geranium, and citrus essential oils are very appropriate this time of year. Dress in autumn colors when appropriate—reds, yellows, oranges, and whites—and wear enough clothes that you stay warm throughout the day. When you step out into the elements, cover your head and ears to protect them from the biting wind and cold. If possible, minimize your exposure to drafts, loud noise, aggressive music, fast driving, and excessive sexual activity. Try to be in bed by 10 p.m. so that you get plenty of rest before dawn.

## **Vata Season Exercise**

The best times of day to exercise are in the early morning and evening hours (6–10 a.m. and 6–10 p.m.). Vata is very easily aggravated by fast, mobile activities, so consider slow, gentle, strengthening forms of exercise instead. Walking, hiking, swimming, biking, yoga, and tai chi are good choices, provided they are done at an appropriate level of intensity. Ideally, exercise at about fifty to seventy percent of your capacity, breathing through your nose the entire time. And remember to balance your activity with adequate relaxation and sleep so that your tissues can rejuvenate properly.

## **Vata Season Yoga**

Incorporating a sense of warmth, grounding, stability, and focus on your yoga practice has a profoundly calming effect on Vata and can work wonders during the Vata season. Your breath should be deep and fluid. If you practice pranayama (yogic breathing exercises), alternate nostril breathing is very balancing this time of year. In your asana practice, favor Vata-pacifying yoga. Warm-up slowly and include some joint rotations. Move with intention and fluidity—grounding the hands and the feet on the mat whenever possible—and avoid jumping between postures. Gentle flows like a relaxed sun salutation are perfect for Vata. You can also favor standing and balancing poses such as mountain, warrior I, warrior II, and tree pose to increase stability and strength. Connect with the earth beneath you in poses such as thunderbolt, cat-cow, cobra, and child's pose, and quiet the mind with forwarding bends such as intense westward stretch. Gentle inversions and restorative poses such as legs up the wall are also very good for Vata. Close your practice with a long corpse pose, covering yourself with a blanket so that you don't get chilled.

#### Herbal Support for Vata Season

Taking Chyavanprash in the morning can help to reinforce immunity, strength, and energy during the autumn season. Ashwagandha is stabilizing to the mind and nervous system, and can promote sound sleep, strong digestion, proper elimination, and appropriate strength; it is available as a powder, tablet, and liquid extract. Similarly, herbal teas made from ginger, licorice, or a combination of cumin, coriander, and fennel, can help to promote proper digestion and warmth. Another grounding, vitalizing herbs and formulas include Dashamula, Haritaki (also available in tablets), Triphala (also available in tablets), and Vidari. The following herbal tablets are also

generally quite supportive during the Vata season: Healthy Vata, Joint Support, Mental Clarity, Stress Ease, Tranquil Mind, and Vata Digest.

More Specific Support for Your System

The following links to dosha-specific recommendations are intended to assist you in offering more personalized support to your particular constitution. If you don't know yours, consider taking our simple Prakriti quiz, and then choose the appropriate link below to further customize your seasonal routine.

Remember, a seasonal routine is an investment in your own health and vitality. And while the specifics may vary from one person to the next, we all stand to benefit from aligning ourselves with the rhythms of nature throughout the year. This fall, embrace the unique gifts of autumn and—with the help of an appropriate seasonal routine—enjoy it from a place of stability, humility, and gratitude.

Ayurveda is an ancient science based on elemental principles that pertain to life on earth. Ayurveda recognizes the elements of ether, air, fire, water, and earth as the building blocks of the natural world. According to Ayurveda, these five elements pair-up in three combinations to form the primary forces of nature called doshas. Ether and air form Vata dosha. Fire and water make up pitta dosha. Water and earth create Kapha dosha.

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## **Ayurveda and Fall part 1**

# AYURVEDA and Fall



On week 351 let's take a look at what the ancient system of Ayurveda is about and what modalities are available to us to enter fall in an aware synergy with this season so we can live in harmony and wellness with mother earth and attune our

bodies to be in harmony with it. When we live conscious of mind, body, and spirit we are whole and we can function from well-sustained energy that supports us in every aspect of our lives.

You may think, what this has to do with beauty? well is very simple a well-balanced health and a calm nervous system, assist to beauty from the inside out in all levels, when we feel good we radiate an inner glow through our eyes and smile and that is really beautiful.

Let's take a tour of our body and what goes on in fall, so with this information, we can be aware of how we work with the earth's rhythms in the different seasons and where we can improve, and what is better for us to refrain from, keeping in mind that takes persistence and dedication from our part it just doesn't happen overnight be gentle with your self, stressing over it, is not what the goal is, that will only add tearing down health, just take your time and have fun.

Sher with family and friends so they can also benefit from it, and thank you from all of us we appreciate the loyalty and love that you send to us.

## Our Muscles & Colon

This video can truly explain why we have pains, dryness and so much more and how easy is to correct it

Fall as you may know already is the opposite of spring season, by late September as our reduced blood flow leaves our muscles it induces fatigue. In fall the days start to grow darker earlier, so a comfortable evening curled up on the couch or our beds with a favorite movie or a book seem to be the thing to do hmmm I love the idea, and for me that includes my sweet puppies. Our smooth muscle tissue and that includes the tissue of our colon, it starts to become sluggish when the temperature and pulse rate drop. It is a fact that the colon, is also sensitive to stress, and holds the wear and tear of the autumn season.

## Indigestion & Electrolytes

It is a process called cold diuresis, the name Diuresis refers to the physiological process by which urine production in the kidneys is increased as part of the body's homeostatic way to maintain our fluid balance. This action causes fluid loss in Autumn. Cold diuresis is a response to vasoconstriction from our bodies. As our blood vessels constrict, it increases blood pressure is kind like squeezing the air inside a balloon. Our kidneys then proceed to release the extra pressure by removing fluids from circulation and emptying them into the urine and that is their job to balance the system. A summer of hot sweating followed by cold diuresis may leave you dehydrated and electrolyte deficient this is good to keep in mind. So it is important to keep in mind to add foods that can support electrolyte, juicy and salty taste encourages water retention for dry Vata. Vata types should avoid dry foods in the fall altogether so their system can function optimally.



# Cold Feet & Warm Socks



Some people get cold feet even when wearing extra warm socks to warm their feet. Too much of tight clothing like socks

can't coax blood out of hibernation once it moves to the core. The body at this point may simply lack the strength to maintain core temperature and warm our feet. A sweater to heat the core does a better job than an extra pair of socks to cure cold feet, especially tight ones. Lifestyle changes, such as warm clothes and indoor heating, can convince the body it has heat to spare. Additionally, daily oil massage in the morning before bath coats the skin and prevents evaporation. As in summer sweat, evaporation causes significant heat loss. Oil massage thus helps retain heat by creating a protective barrier, let's be aware of the kinds of oil that can help with this process. Once the pathological cold has penetrated our system, hot baths may be the only way to restore circulation. A pinch of turmeric keeps circulation strong. Sour lemons in morning tea convince sweat glands and stomach glands to stay juicy, Ginger lemon tea is a great aid here.

Fall is a time of transition. It is evident everywhere around us. Trees and shrubs are quietly undressing in preparation for the winter in their beautiful rhythm of the seasons. There is a subtle browning of the earth she goes within. Temperatures, which, just a few weeks ago were raging with the intense heat of summer, are beginning to hint at the telltale crispness of autumn. And there is the wind: slowly gathering strength, carrying the tides of winter on its breath to its role in nature. Fall harbors a certain emptiness that can leave us feeling exposed and a little raw, but it is also filled with possibility—a time when we, too, can strip down to a quiet essence of being and savor the simplicity of life and heart connection. The fall brings with it a predominance of air element and prana (the vital breath, the subtle essence of life) is abundant in the atmosphere at this time. Autumn is dry, it can be rough, windy, erratic, cool, subtle, and clear. These are all qualities shared by Vata dosha, and because like increases like, autumn is considered a Vata season. This same principle illustrates why taking a few simple steps to balance Vata dosha this fall can be tremendously beneficial to be in balance

- **Emotions, the Mind, Inspiration  
time**



**"Life should be a  
continuous source  
of inspiration."**

**-Paramhansa Yogananda**

The fall is a time for inspiration and to work on new ideas. The movement of blood from the extremities back to the core increases blood flow to the mind a very interesting process of the intelligence of our body. The opportunity to reflect on the last few months could stir up emotions as well. The Wind, sudden temperature shifts, and the school season also provoke

higher stress levels this time of year. According to Ayurveda, keeping the nervous system stable through fall is our number one tool for maintaining strong immunity and staying healthy. Ashwagandha is Ayurveda's most important herb for Vata-type anxiety and Chywanprash helps build immunity.

## Routine & Flexibility

When we wear oneself ragged in the Fall social calendar it can result in a compromised immunity for flu season. Alternatively, relaxation and downtime free up the energy to help the body prepare for winter. Skipping meals, staying up late, and irregular mealtimes, toxic process food that had never seen sun or soil, create stress and deficiency. Here is a great contributor to check, Joyful Belly offers a nurturing fall program called Restoring Youth and Vitality to prepare the body for winter.

Ayurveda is an ancient science based on elemental principles that pertain to life on earth and the connection to it with body, mind, and soul is no separation here. Ayurveda recognizes the elements of ether, air, fire, water, and earth as the building blocks of the natural world. According to Ayurveda, these five elements pair-up in three combinations to form the primary forces of nature called doshas. Ether and air form Vata dosha. Fire and water make up pitta dosha. Water and earth create Kapha dosha which we all possess in ourselves.

[https://youtu.be/U5J2\\_Gah19w](https://youtu.be/U5J2_Gah19w)

## Fall Is a Great Time for an Ayurvedic Detox

Each one of us has a unique mix of the three doshas, although we tend to be dominated by one at any given time. And the seasons are also governed by its own doshic activity. The ayurvedic theory says, that by the time autumn comes around, we have accumulated plenty of heat in our tissues from the summer heat—fiery pitta dosha. When the leaves dry up and the weather starts to change, vata dosha begins to take over and the one governed by air and marked by change, instability, and anxiety when not balanced. If we would speak metaphorically, what happens when you add random blasts of air to a fire? It burns even brighter right?. So Ayurveda system says that when the accumulated heat of pitta is fanned by vata, it can lead to mental and physical burnout and we definitely don't want that, it stresses our adrenals and nervous system and putting some of the body's natural detoxification processes on hold.

Let's talk about the liver, for example. It is the body's natural detoxifier and one of the primary organs in which excess pitta can accumulate and cause serious problems. The liver processes not only the foods and drinks we ingest but also many of the harsh chemicals we encounter on a daily basis—like prescription and over-the-counter medications, over-processed foods to cosmetics loaded with petroleum ingredients and synthetic perfumes to polluted matter in the air. And then the liver gets overloaded with excess pitta (these put tremendous stress on the liver), and that has a

large effect on our overall wellness. The overtaxed liver can result in migraines, irritability, rashes, anger, and skin issues and so much more. "It will make us tired, we get sick easily, we will gain or lose too a lot of weight. These two systems in the body are designed to "transform" toxins when the liver and the digestive tract become overwhelmed, we collect a kind of toxic sludge made up of all the waste products that the body has not been able to properly break down, digest or otherwise expel, creating much toxicity.

In Ayurveda, the toxins our body cannot process have a name: **Ama**, the meaning in Sanskrit is "that which harms or weakens" no so good. Ama is not only a kind of physical sludge but also as a psychosomatic sludge that pollutes the mind. Accumulated ama is the basis for many diseases and emotional disturbances—and from a physical standpoint, it creates an appealing host environment all the illnesses that blow in on autumn's winds.

## Do You Really Need to Detox

We don't think that we have to worry about ama, well not so fast. We all do, as a result of poor diet choices, unhealthy lifestyle habits, the stress in general, lack of hydration—even just living and breathing in a polluted world with pesticides additives to most products. No matter who you are, you'll end up with ama, and is a reality for us humans and even animals. Now the question we have to ask ourselves is, 'What can we do about it?'"



# Ayurvedic Detox

To protect your health year-round, but particularly during the fall, Ayurvedic health educators say it's important to slow down, support your liver's natural ability to remove toxins from the body, and take stock of the influences that you allow into your life—from the kind of food you eat to the amount of time you spend in front of an electronic device (computer, cell phone, TV).

Unlike some popular cleanses that ask you to undergo dramatic fasts or to take other extreme measures, *purvakarma* (which literally means “up-front actions”) is designed to support, instead of shock, your system. “Rather than aiming to eliminate toxins at any cost, *purvakarma* gently balances the whole person so that they can detox without destabilizing the body in any way,” Blossom explains. “It is a middle-path cleanse that uses nourishing foods, herbs, and self-care techniques to rejuvenate the body rather than simply strip it down, which can leave you even more vulnerable going into winter.”

Blossom says that a middle-path method of cleansing includes a simplified diet, yoga asana, self-massage, nasal irrigation, herbs, meditation, pranayama, and reflection. During the cleanse, you'll forgo substances and habits that contribute to liver overload—such as processed foods or alcohol—and the unaddressed stress that strains your nervous system. You'll also spend time thinking about what influences you want to keep in your life and what you might want to let go of. The



main key to purvakarma is a suspension of bad habits. Then and only then can we have space to establish the good habits we need to create the kind of health and vibrancy that we all want in our life.”

## Start Slowing Down

Taking action and start reducing stress and mental overactivity is perhaps the most important element of a successful step in any detox plan. Constant rushing, over multitasking, and information overloads are the trifecta of North American toxicity. And like an overtaxed liver, an overtaxed mind and nervous system can lead to a host of health issues, including adrenal fatigue, insomnia, irregular menstrual cycles, indigestion, and unwelcome weight gain.

The first step in reducing the toxicity created by an overloaded life? Slowing down. During the next seven days, adjust your schedule so you have time to prepare and eat your meals in a relaxed manner, practice daily yoga, and take regular meditation breaks. By saying “no” to the outside influences that pull your attention and energy in so many directions—and replacing them with healthier choices—you’ll begin to tune in to your body’s natural rhythms and detox more effectively.

## The Detox Diet

Next, you need to nourish your body with healthful, cleansing foods. At the heart of the dietary program is kitchari, a simple dish of rice and mung beans widely used throughout Asia to purify the body. Its balance of protein, carbohydrates, and fat makes for an easy-to-digest yet highly nourishing meal. Kitchari is also tridoshic, which means that it's appropriate for all three doshas. "The lightness of the dish reduces Kapha in the body," Blossom says. "At the same time, it stabilizes vata by offering a complete source of protein. And the astringent nature of the beans cools pitta, so kitchari is naturally anti-inflammatory." Best of all, eating kitchari twice daily keeps hunger and cravings at bay, he says.

Ayurvedic cleansing also calls for ghee (clarified butter), which lubricates the digestive tract and facilitates the elimination of toxins from the body. Spicy teas and chutneys are recommended to keep the fires of digestion stoked throughout the cleanse; and Triphala, a traditional Ayurvedic digestive tonic (made up of three fruits—Amalaki, bibhitaki, and haritaki) with antioxidant properties, acts as a mild laxative. "Triphala is a classic example of an Ayurvedic remedy that supports the system and preserves what is good while it gets rid of toxins that will sicken the body," Blossom explains. "Taken together, all parts of this plan make sure you're getting everything you need to stay healthy and you won't be malnourished in any way."

## Cleansing Yoga

Specific yoga poses can help expedite the detoxification process. The heating and twisting sequences designed for this plan can help move toxins from your tissues through your lymphatic and digestive systems so that they can be eliminated from the body. In addition, restorative poses, relax the nervous system and mind and help settle the body—which is especially important during and after a detox cleanse. Restorative poses will also help bring you into a state of receptivity that’s perfect for the season, says New Jersey yoga teacher and restorative teacher trainer Jillian Pransky. “I look at autumn as a transition into a new year,” she says. “I look at nature: The harvest is over, and it’s time to clear out. It’s an opportunity to till the soil and plant the seeds for next year’s harvest. Once we do this for ourselves, we can recommit to what is working for us and set ourselves up to get more of what nourishes us in our lives.”

## Self-contemplation

As you embark on the program, contemplate the ultimate reason: “Why am I doing this?” By interrupting your normal patterns, cleansing provides a unique opportunity to practice svadhyaya, self-study. No matter what your motivation is—better health, a simpler life, a deeper yoga practice—you’ll be amazed at the insights you can gain when you just slow down and start to listen. “The body should be telling us all the time what to do and what not to do—it knows what’s good for it and what is not,” Svoboda says. Getting out of our own way is finely the

key.” And that is the point, for the most part. It is ideal that at the end of the cleanse, it is recommended to take a day to meditate, be quiet and observe, you may want to ask yourself: ‘What can I do from now on to make my life the best it can be? What are the habits that I am doing to sabotage myself? and how can I help that? just becoming aware is a huge step.

During a detox, it is encouraged to take time to contemplate not only what you want for your own life but also what you want to put out into the world and all around you. If you can, spend at a half or a full day in silence, and spend time in nature or journaling about your experience. Did the cleanse give you clarity about how you may be exerting energy in ways that don’t serve you, and where you can use that energy more effectively, perhaps even to help a larger cause?

Get clear on the answers, and your life will get simpler: Do what works; don’t do what does not work, it hurts you on many levels. As we temporarily change our daily routines, we open ourselves up to seeing and feeling from whole new perspectives and we grow in evolution.

## **Ayurvedic Fall Cleanse Recipe: Harvest Stew**

**This stew is easy to digest and is made with seasonal vegetables.**

## **Ingredients**

2 tbsp olive oil  
1 small onion, medium-finely diced  
1–2 tsp of high-quality sea salt  
1 large carrot, finely chopped  
2 small parsnips, finely chopped  
2 cups butternut squash, diced to taste  
2 cups green cabbage, diced  
2 tsp fresh rosemary leaves  
2 tsp fresh thyme leaves  
4 cups vegetable stock

## **Preparation**

In a large soup pot place, the olive oil on heat at medium-high, then sauté the onions until transparent. When onions start to get clear, add a pinch of salt and the carrot. Add parsnips until they feel soft, repeat with squash, and then cabbage last.

Taste it and add salt to your like and continue to sauté vegetables until they begin to slightly stick to the bottom of the pan.

Add the rosemary and thyme, stir, and deglaze by adding a little vegetable stock. Add the rest of the stock. Bring to a boil, reduce to a simmer, cover, and simmer on low for about half-hour. Taste occasionally and add, rosemary, or thyme until the desired flavor is achieved.

And there it is a delicious dish.

## Part 2 of Ayurveda and Fall it will come soon



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## The Power of Face Reading your face never lies Part 2

Hello again, we hope you enjoy part one of The Power of Face Reading, your Face never lies. We are grateful for your visit, likes, and shares.

Here in part two week 350, we are continuing with parts of your face and samples of face mapping enjoy, and if you want please contact us and let us know what you thought of the posts are.

# **Types of foreheads**







## **The straight forehead (The progressive thinker):**

This person follows a progressive style in his thinking; he can't jump to the third point without first knowing the

second. Sometimes he is misunderstood as a child and thought of as dumb, but in fact, he may be very intelligent; it's just his progressive style of thinking that needs to be taken into consideration. This person may not have the fastest reflex action response; if he drops something, he may not be able to catch it before it reaches the ground. He may have problems working under pressure as he needs more time to think progressively; that may make him lose control in the last ten minutes of exams.

## **The sloped forehead (The fast responder) :**

That person builds conclusions fast, to the extent that he may interrupt you many times when talking because he keeps on guessing what are you about to say. This person may get bored talking to someone with a straight forehead because of the speed difference between them. The response of such a person is very fast, and that's why you tend to find most football and basketball players with sloped foreheads, you're also most likely to notice how players with straight foreheads aren't that good because of their slow responses, and again I repeat, this is not related to intelligence at all. One final thing about such people is that they are fast decision-makers, which may cause them many problems.

## **The curved forehead (The creative) :**

This person is very creative, just notice how the forehead of those who study fine arts; you will notice how most of them have curved foreheads. That person would hate restrictions and

rules; he likes to use his imagination, and would probably hate math and accounting but excel in arts. When the forehead is curved and occupying a big section of the head, that person may tend to be very intelligent or even a genius. You'd be safe asking that person for help within the need of a creative solution to any problem you're facing.

## Chin

### Pointed chin:

A person with a pointed chin is a stubborn person just like the one with long front teeth. Having both features tends to make the person very stubborn. He has a very fierce inner resistance that can be triggered by being pushed. When dealing with such a person, you must depend on your flexibility because pushing against him will yield no result.

### Square chin:

A square-chinned person is a challenger; he always challenges destiny by standing up tall upon falling, he never gives up until he reaches what he wants. He is usually very competitive and considers everything, even sports, as a challenge rather than look at the fun part of it. This person has the ability to point out the pros and cons of any issue, something that makes him a very good consultant and a debate over. To get along with him, avoid igniting his fighting spirit and take his opinions into considerations.

## **The small chin:**

Having a small chin is usually associated with having a pointed chin. In face reading, whenever the facial features are relatively smaller to those of normal people, then the person is a sensitive person. People with small chins and small facial features are very sensitive to criticism and overwhelming life events. Criticize those people and they will hate you, shout at them and they may not approach you again. In order to get along with a sensitive person try to be more nurturing than usual

## **Cheek Bones**

People with protruding cheekbones leave an impression of respect and presence. Protruding cheekbones, in face reading, represent courage and adventure-loving. A person with protruding cheekbones never escapes a fight; he is full of courage and has fewer problems with the idea of taking risks or trying something new. He is not bound by a certain comfort zone or definite habits; he just follows his instincts and accepts new challenges. This person also loves to travel and explore new places.

## **Facial Lines**

We are not born with facial lines; they are developed in our lives. Lines can reflect a certain personality trait as we will see below:

## **Two vertical lines between the eyes:**

This person is very hard to himself, he rarely takes the time to celebrate his achievements; he may push himself to work until he falls down.

## **More than two vertical lines between the eyes:**

This person is usually very idealistic, he tends to be a perfectionist; he wants everything to be done perfectly and everything to be in its place. If that person is your manager, then you may be in deep trouble because meeting his perfectionism could be very hard.

## **Horizontal lines across the nose:**

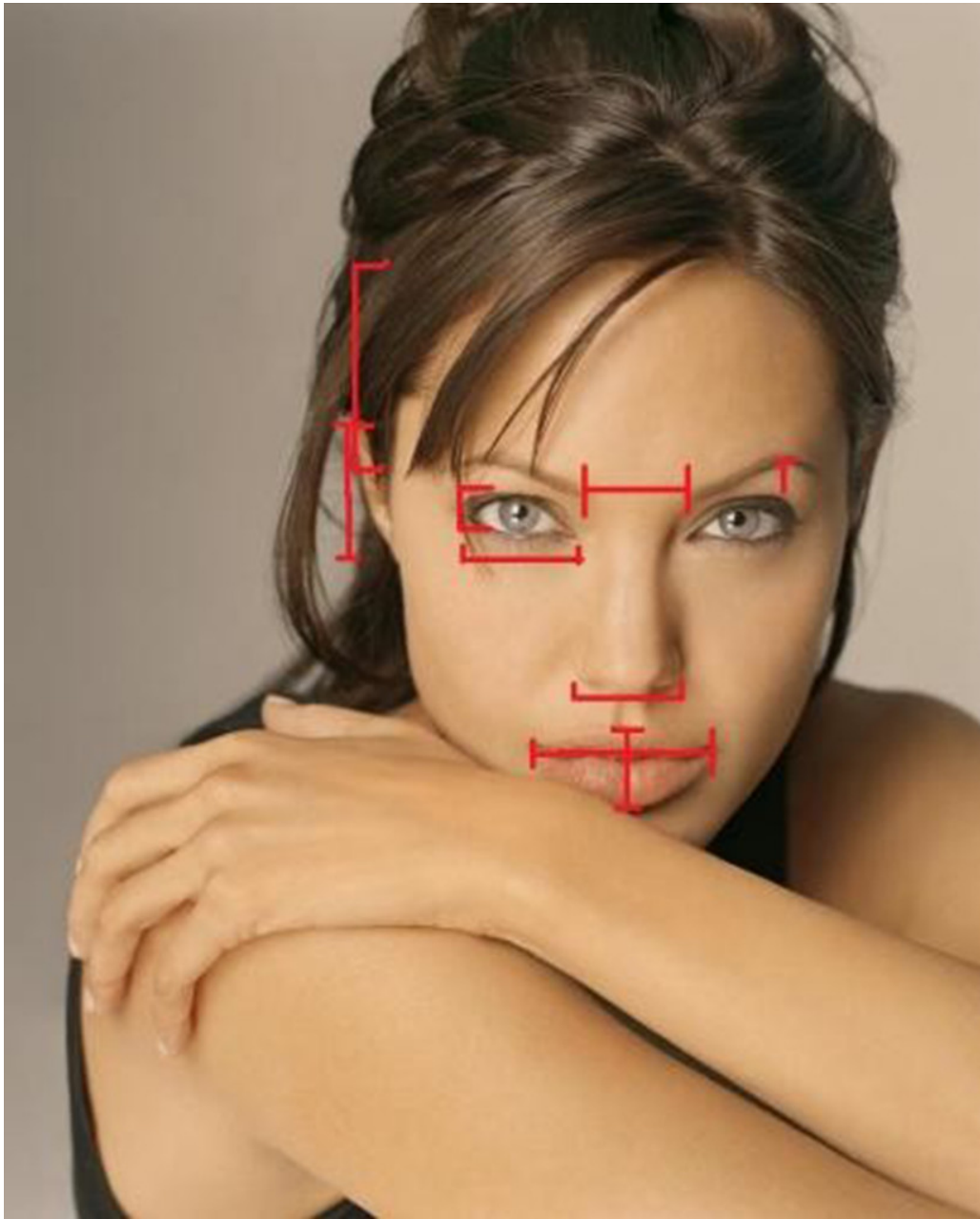
Some people have horizontal lines crossing over the top of their nose. These people are overly responsible; probably have been given lots of responsibility when children. These people rarely think about having fun

▪

## **Grief lines:**

Some people have two lines below their nose and on either side of their mouth. Those are called grief lines because they appear when that person is sad for prolonged periods; a loss of someone close may result in the appearance of these lines

**Balance and proportion are important in face reading**



Balance and proportion are important in face reading, as in Chinese paintings. There are needs for harmony between the mountains (the yang element, represented in the face by the bones) and the rivers, (the yin element which is the soft tissue). Although a face may be considered beautiful by society, in face reading terms it may be too yin (upturned nose, large wide mouth, eyes too far apart, thin eyebrows). Many models have this look. In our language we have many expressions to describe character traits: pay through the nose, two-faced, keeping one's nose clean, chinless wonder? We may have forgotten how these came into a language in the first place, the mouth relates to communication, and the chin signifies determination, ambition, and practicality among other traits. So, face reading can be used, sum up a person's energies, to get a health read-out, to assess character, fortune, and other a tributes to help gain self-knowledge and to plan for good health.

There are numerous ways to read a face in Chinese physiognomy: 3 Quarters, 8 Trigrams, 108 Spots, examining the shapes, the colors, the wrinkles, and the moles, just to name a few. A master of face reader usually employs the combination of several techniques to gain multiple perspectives and perform cross-examination.



# WHAT YOUR SKIN IS TELLING YOU

## FOREHEAD (Poor digestive system)

Reduce high amounts of fat in diet  
Drink antioxidant-rich green tea  
Up water intake to flush toxins out  
Pin bangs up

## HAIRLINE (Hygiene)

Ensure complete removal of makeup  
Ensure scalp cleanliness  
Cease use of pore-clogging hair products  
Thoroughly rinse off traces of hair shampoo

## BETWEEN BROWS (Liver)

Avoid alcohol and dairy products  
Eat lighter foods  
Avoid late night snacks  
Check for food allergies

## ABOVE BROWS (Immunity)

Breakouts here during a cold.  
Take it easy, drink up and eat  
vitamin C-rich foods.

## EYES & EARS (Kidneys)

Acne and dark circles here can  
be caused by dehydration.  
Drink > 8 glasses of water a day  
Avoid caffeine and salt.

## CHEEKS (Lungs)

Take in fresh air with long and  
regular walks.  
Clean your cell phones and  
pillow cases

## BELOW CHEEKS (Hormones)

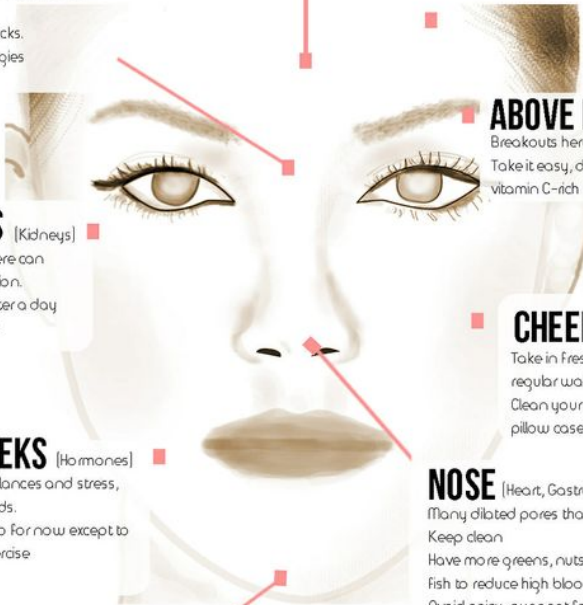
Due to hormonal imbalances and stress,  
especially during periods.  
There is little you can do for now except to  
hydrate, sleep and exercise.

## NOSE (Heart, Gastrointestinal issues)

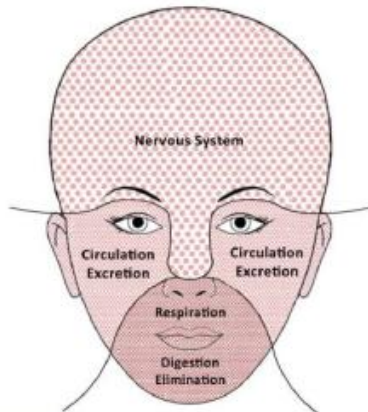
Many dilated pores that clog easily are here  
Keep clean  
Have more greens, nuts and Omega-rich  
fish to reduce high blood pressure.  
Avoid spicy, pungent foods, meat and salt.

## CHIN (Stomach)

Improve digestion by adding more fibre  
and detoxifying.  
Avoid late night snacking.



## Introduction to Topography of Internal Organs According to Chinese Medicine



© Chinese Medicine 2002  
Illustration: Fengshi, Canada

We have 'topography' of the internal organs of the body mapped on the face. So, with this 'topography of the internal organs' on the face in mind, when we observe ourselves and other people, what do we look for?

The main feature we look for in any area of the face is **swelling and/or tightness**. Using the map of the face, wherever we see an area that is puffy and swollen, this signifies the organ corresponding to the area is swollen and enlarged, or "expanded". "Expanded" means that they are out of balance – tired, weak, inflamed, and affected by a pathogen or suffering from emotional or physical stress.

You may for example notice on the skin of the forehead of most people some horizontal lines, usually between three and seven. These are normal. However, if the lines on the forehead stand out prominently so as to be noticeable, this is an indication that the organs associated with this area are too expanded.

Another example: if we notice that the tip of the nose, which corresponds to the heart, is swollen and expanded, then this means the heart is swollen and expanded.

One area of the face that is important to note is that under the eyes. Looking closely at every human being under the eyes, you will notice a thin line etched in the skin drawn from the corner of the eye down and outward toward the periphery of the eye. The area above this line, between it and the eye itself, corresponds to the kidney - left eye, left

kidney, right eye, right kidney. Below this line is the area which corresponds to what is usually described as "general intestinal condition", underneath both eyes, below the line etched in the skin. Bags under the eyes indicate a large intestine (colon) problem, or kidney problems. The bags right under, straddling the lower eyelids are kidney bags, the ones below them are large intestine (colon) bags.

### COLOUR

### SIGNIFICANCE

black or grey	stagnation or stagnant water
green	toxicity or a sluggish liver that is not detoxifying
red	inflammation or an overactive heart or nervous system or trapped fire
yellow	putrefaction or things staying in the body too long, especially in the stomach
white	frozen or a lack of energy or poor exchange of air to the lungs

Also, if the liver is dealing with a pathogen, it can make a person more irritable or angry. Conversely, a person who is angry or irritable is much more likely to be affected by a pathogen.

**As you can see, the emotions and the functioning of the organs are intertwined.**

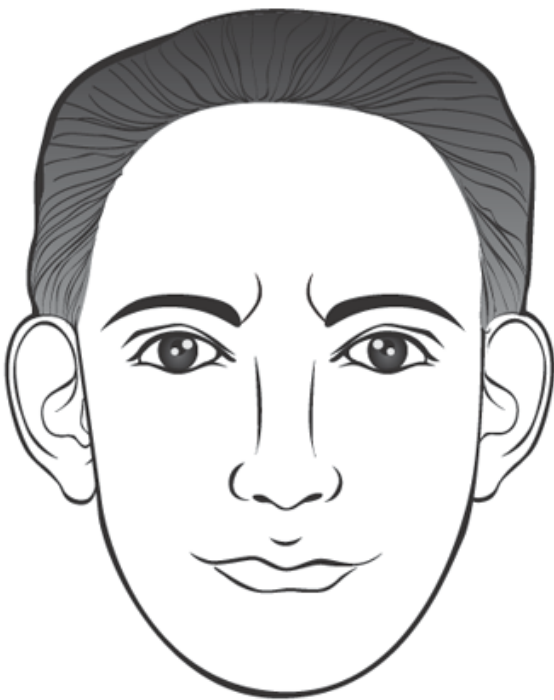
### Significance of Colours

The most commonly seen colours on the face are **black, red, and white**. Toxicity and putrefaction often are seen together as a yellow-green colour (like the colour of jaundice) but show up on the face less often because the liver is usually so good at detoxification.

When these colours show up in the areas correlated with each organ, they can signify either a physical or emotional problem. Distinguishing between the two can be accomplished only by questioning. For example, the area between the eyebrows is correlated to the liver. Redness in this area shows inflammation of the liver that can be caused by a pathogen or emotional irritation or anger. Either condition affects the liver.

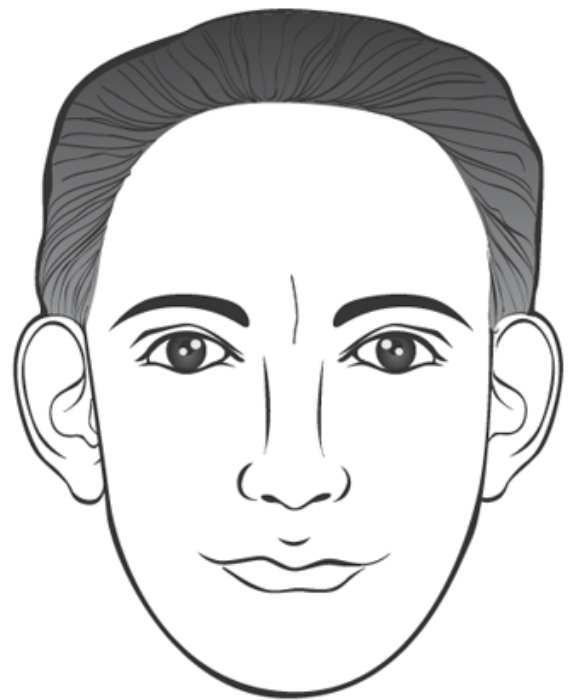
One example of what lines on

# the face mean



## **Lines Locking the Life Palace**

This indicates a troubled and stressful life. Also, it suggests that the person might be at the crossroads of his or her career, or someone who thinks far too much. It can also indicate loneliness and being misunderstood by others.



## **Needle Piercing Through the Heavenly Heart**

This denotes loneliness in marriage, and is typically negative for married women. It indicates 'not having a husband' and that one will see one's husband and children infrequently. For males, it suggests isolation from the family.

**Following is a brief introduction  
to the 12 Houses method.**



## 1. Fortune House (Fude Gong)

It gives an overview of your general fortune trend. An ideal Fortune House should be round, full, and smooth with no

visible marks, lines, or scars. Flaws in these areas reflect challenges in your life, which can be in the form of poor health, distressful relationships, or money troubles.

## 2. Parents House (Fumu Gong)

It is associated with Heaven Luck; in this regard, its state is quite a testimony to the situation that your parents were in

and your relationship with them. A forehead that is wide, round, and shining speaks of a good family inheritance, a comfortable upbringing, and early achievement, while a small, bony, or disfigured one illustrates an uneasy childhood.

## 3. Career House (Guanlu Gong)

Again, being broad, round, and smooth is the basic criteria to identify a good Career House. If on the top of that, you also

have prominent cheekbones and protruding eyebrows, you shall have a great chance to achieve great success in your chosen field.

## 4. House of Travel (Qianyi Gong)

If it is in any way disfigured with scars or deep lines, you might be better off staying put. Furthermore, jobs or businesses involving transportation, tourism, or import/export



are, understandably, not your best choice.

## 5. Life House (Ming Gong)

The key to your fortune is deposited here. Naturally, being smooth and shiny is ideal, which suggests a trouble-free life journey. If it is recessed, dimpled, or scared, or there are permanent horizontal lines between the brows, or eyebrows meet in the middle, you may face a bumpy road ahead.

## 6. House of Siblings (Xiongdi Gong)

Eyebrows and the areas directly above them represent and it also oversees your relationship with your friends and colleagues. The state of your hair has a direct connection to the physical conditions of your parents at the time when you were conceived, which means it has a lot to do with your genetic make-ups. Brows that are dark, thick, long, smooth, orderly, and located high above eyes indicate a healthy hormone level that gives rise to affection, calmness, and courage. If they look sparse, thin, pale, short, or chaotic, or too close to eyes, or marked with a scar, you could be tormented by your own physical or emotional states.

## 7. Assets House (Tianzhai Gong)

Your eyes portray your intelligence and temperament, and the very quality of these dispositions plays an important role in your asset acquisition endeavor. Good Asset Houses are constituted with eyes that are long with large pupils and clear whites, and up-eyelids that are broad and full. Recessed

or narrow eyelids exhibit impatience. If the whites are colored with red streaks, and worse, if the streaks pass through a pupil, you should brace yourself for challenges in reference to your financial concerns.

## **8. House of Marriage (Qiqie Gong)**

Being full and smooth in appearance indicates a happy marriage. A receded house, however, rings a bell on extra-marital affairs. If the area bears visible spots, scars, black moles, or messy lines, your marriage could have challenges due to some unscrupulous conduct.

## **9. House of Children (Ernu Gong)**

This area is closely related to the cerebellum and also governs your love and sex life, so again, being full and round is better than being flat or receded. Dim moles or slant lines across the area are especially undesirable, suggesting some challenges regarding your own sex life or your children's future development.

## **10. Health House (Jie Gong)**

If the House is broken or marked with horizontal lines, or if it is stained with spots, marks, or discoloration, you shall pay extra attention to your health, especially your digestive system.



## 11. Wealth House (Caibo Gong)

A nose that has a high and straight bridge, big and round tip, full and fleshy wings, and invisible nostrils, not only indicates sound physical health, a positive mental attitude, also denotes success in career and abundance in wealth. On the other hand, a nose that is low, or crooked, pointed, or narrow, bony, or with a contoured bridge, upturned tip, visible nostrils, reveal a problematic personality, a troublesome financial situation, or a difficult career path. If blood vessels are clearly visible or have a dim blue color tone the surface, pay attention to blood pressure and heart health. When a nose turns bloody red, which is dubbed Fire in Lounge in Chinese physiognomy, it should be viewed as a to the excessive warning sign.

## 12. Popularity House (Nupu Going)

This House rules your relationship with your colleagues, subordinates, or younger generations, and foretells your situation in your old age. When they are round and full, you can expect to enjoy your popularity among your followers. But if it sharps off, or appears crooked or boney, you probably should reconsider your dream of being a politician. And what's more, you'd better prepare for self-support during old age.

Marks, spots, scars on, and even shapes of your face can change over time, meaning your fate can alter through the years. You can utilize your Man Power (your attitudes – good deeds, better learning, and hard work) and the Earth Power (your environment – favorable Feng Shui) to neutralize the Heaven Power (your time of birth – what you have inherited from your parents and your previous lives). Ultimately, you are the real creator of your own fate. When you change your heart, you change your face; when you change your face, you

change your fate.

**Here are some examples of  
Face reading**

## Let's do Face Reading



- Long & Thin Face
  - Tolerant, Stubborn, Hopeful & Hardworking
- Far Off Eyebrows
  - Broad-Mindedness, Easy-going & friendly
- Sparkling Eyes
  - Enthusiastic & Benevolent
- Manly Nose
  - Strong Character, Observing
- Professional Lips
  - Experienced & Tolerant

## Large Pupils

If a person looks at us with large pupils, this can often be evaluated as a sign of sympathy and admiration. In any case, large pupils are evidence of a positive basic trend. This is why they are also called the „lover's eyes“.



### Character Traits

#### Large pupils indicate

- keen intuition, spontaneity and making decisions based on a gut feeling
- strong emphasis on emotions
- inclination towards melancholy and (day)dreaming
- that the person tires more quickly; in addition, such people get excited more quickly and are more fearful than those with smaller pupils
- creative talent
- quicker access and an easier time in opening up to others

### NOTE

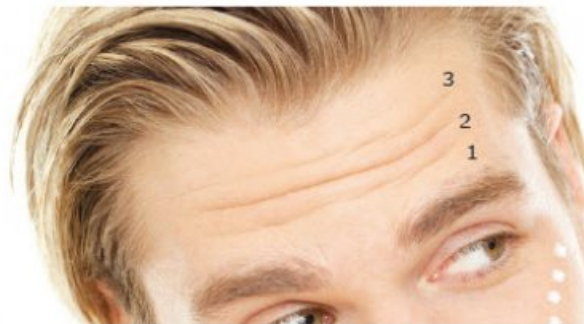
A great variety of thoughts and emotions can expand our pupils.

## Horizontal Forehead Wrinkles

People have a different number and various shapes of horizontal forehead wrinkles. Younger people sometimes also have hidden wrinkles that appear when they frown.

**Three main lines** are differentiated and associated with various areas of life.

- The bottommost main line symbolises the material level (1)
- The middle main line symbolises the self or the ego (2)
- The uppermost main line, which runs directly beneath the hairline, symbolises creativity and the spiritual or non-material level (3)



### Thickening of the Lower Lip's Edge

If the tissue beneath the lower lip is thickened like dough, this is called the thickening of the lower lip's edge. Such a thickening of the lower lip's edge usually means problems with the detoxification organs, especially the liver in this case. Above all, this can be due to the abuse of alcohol and tobacco or strain due to medications or foreign substances.

The following detoxification organs indicate by swellings in various places on the lower lip's edge when they are strained:

- The **gall bladder** causes a distinct swelling to the right and left of the middle.
- The **pancreas** causes a swelling in the middle.
- The **spleen** causes swelling on the outer corner of the lower lip's edges.

The swelling of tissue below the lower lip usually quickly goes away again, but action should be taken if this swelling **continues**.

When there are also pimples in the chin area in addition to a swelling on the lower lip's edge, the possibility of abdominal or genital diseases should be considered. Sore areas under the nostrils would also reinforce this diagnosis.



## People with dominant upper part

- indicates *intelligence* and a *logical approach* towards problem solving.
- Thus, people with dominant upper parts will be more interested in *fact* and *logical thinking* than others.
- A wide forehead shows that the person is intelligent but a small forehead *doesn't mean* that he is not.



## CHEEKS - happiness

- Round, full cheeks, sometimes hanging down in soft folds upon neck, show *gluttonous tendencies*.
- Dimples of the cheeks and chin are tokens of the *affectional nature* and denote the active passions of *amateness* and a *desire to please* and *attract the admiration* of others.
- Dimples near corners of mouth are evidences of *mirthfulness, love of fun* and *good humor* and *wit*.



**Big and circular ear tops:**

mean you are especially clever and exceptionally savvy.

Ears that stand out have a place with exceptionally enthusiastic and physical individuals who are suited to working outside and not being limited to a work area.

Taking a look at celebrity appearances can likewise let us know a ton about big names and what they are truly like:

Gary Lineker - ears that stand out - energetic and physical identity characteristics.

Victoria Beckham - to a great degree little ears - demonstrates a touchy soul.

Terri Hatcher - has magnificent symmetry in her face, especially with the situating of her ears, which demonstrates that she is fit for adjusting her expert, social and individual life splendidly.



# Large middle area



- You focus on prestige, reputation, luxury & quality
- You want to own and have the best
- You won't buy something because it's cheap
- If someone wants to sell you anything, they must convince you how it's going to increase your success
- Ambitious person and likes to have an authority and powerful status

# You can't tell if someone is lying by reading their facial expressions



Microexpressions, as defined by psychologist Paul Ekman (who coined the term "microexpression," basically wrote the book on the little bastards, and has been studying their use in detecting deception for going on half a century, now), are:

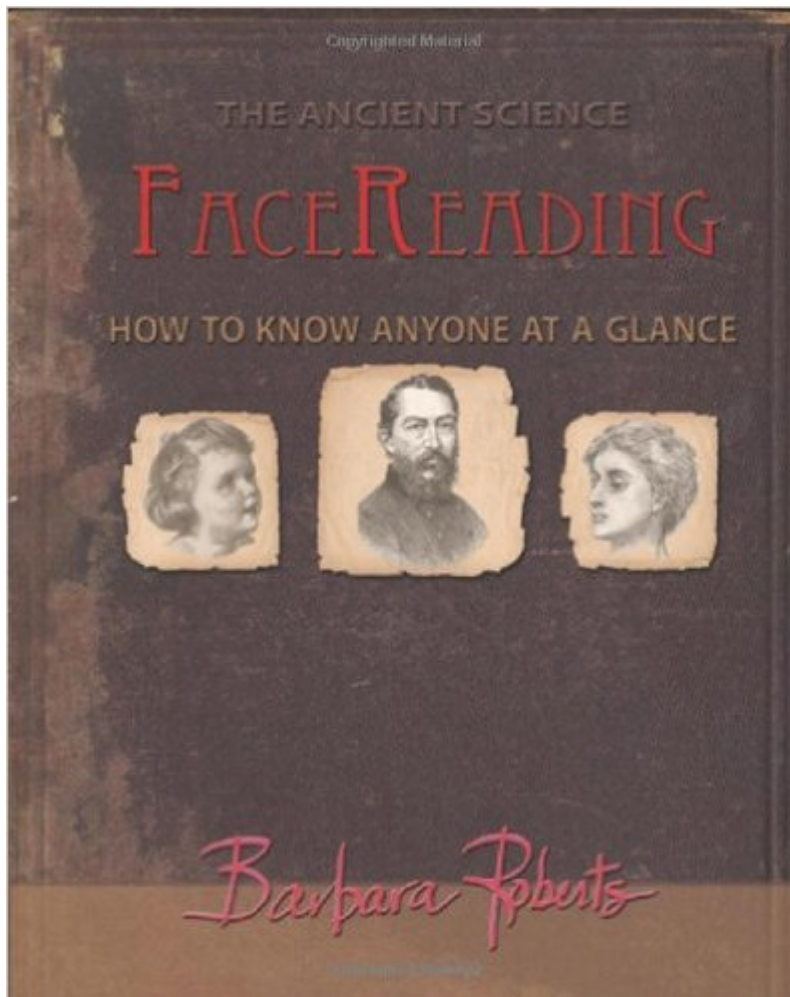
...very brief facial expressions, lasting between 1/25th and 1/15th of a second. They occur when a person either deliberately or unconsciously conceals an emotion being felt. Any one of the seven emotions found to have a universal signal may appear in a micro expression: anger, fear, sadness, disgust, contempt, surprise and happiness.

Microexpressions therefore fall under the umbrella of "body language" ("nonverbals," if you're one for parlance), and are distinguishable in that they refer explicitly to the face and specific situations in which they're likely to appear, viz. a situation where the emotion being felt is being either intentionally or unintentionally suppressed.

# CHEEKS - happiness

- Round, full cheeks, sometimes hanging down in soft folds upon neck, show *gluttonous tendencies*.
- Dimples of the cheeks and chin are tokens of the *affectional nature* and denote the active passions of *amateness* and a *desire to please* and *attract the admiration* of others.
- Dimples near corners of mouth are evidences of *mirthfulness, love of fun* and *good humor* and *wit*.

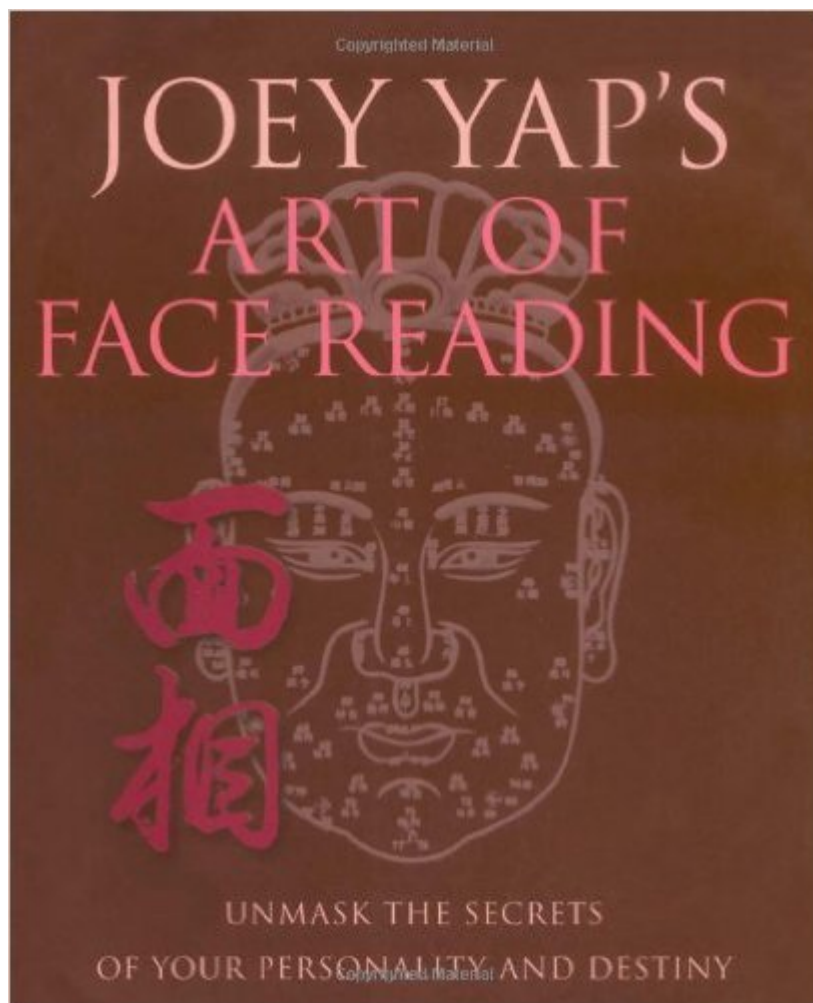
**More Face Reading will come in  
future posts stay tuned**



## Face Reading: How to Know Anyone at a Glance

FACE READING WILL HELP YOU – Choose the Career you were born to do. Read your Boss's face. – Protect your children by knowing Dangerous features in strangers – Hire Smart! Know how to choose people of Destiny. – Date safely on the Internet. Avoid mistakes! – Gain insight into your Health or illness by

using facial indicators. – Know the Secrets for effectively managing and business strategy – Learn psychological meanings for over 100 Facial Features

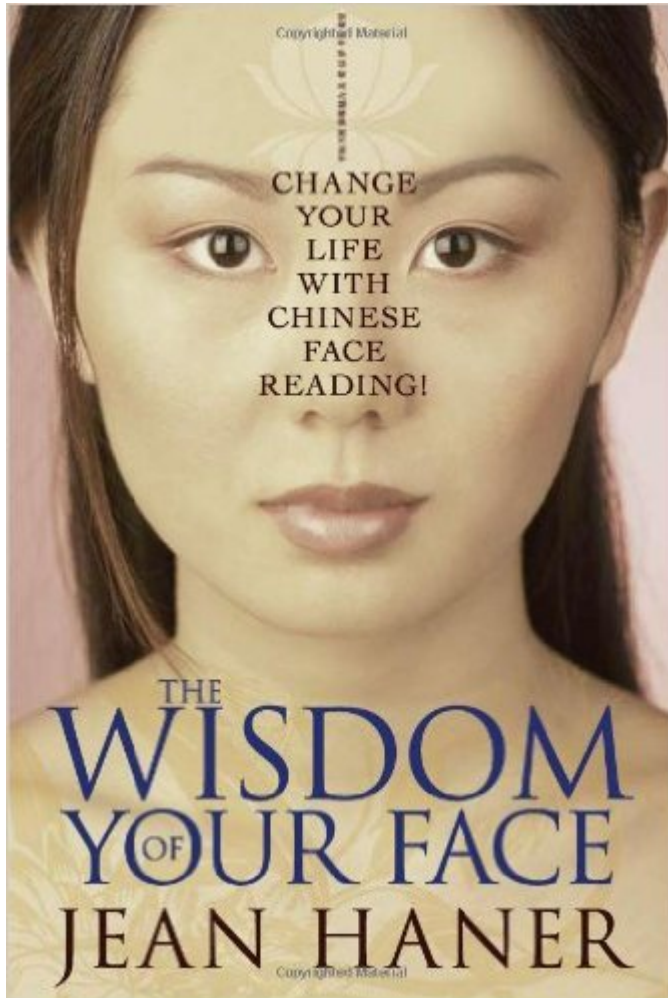


**Joey Yap's Art of Face Reading: Unmask the Secrets of Your Personality and Destiny**

Chinese face-reading, or Mian Xiang, is a form of physiognomy,

or the observation of appearances. This ancient technique reveals not only a person's true character but also his or her fortune, luck, and talents. "Joey Yap's Art of Face-Reading" is a brilliant introduction to this powerfully accurate art. In this illuminating guide, bestselling author and master trainer Joey Yap explains how the face is essentially a map of our destiny and luck. With detailed illustrations, he presents the '100-year map' of the face or the 100 points that govern a person's fortune and luck from the age of 1 to 100. He also unlocks the areas of the face known as Officers and Palaces, which tell us about a person's character, future challenges, obstacles and talents in life – along with other facial features such as moles, which Joey explains how to identify and interpret. With this guide, you will learn to use face-reading to examine your own life stages and destiny, and those of others, at a glance.





## [The Wisdom of Your Face: Change Your Life with Chinese Face Reading!](#)

What if you could tell, just by looking at others, how they tend to think, feel, and behave? What if your partner's face revealed the best way to resolve any conflicts between you? And what if you could discover in your own face the wisdom that you need in order to be the best you-you can be?

Based on the same ancient foundation as acupuncture and Chinese medicine, face reading has been in the "research and development" phase for over 3,000 years. When translated to make it meaningful for our Western lives, it's a powerful source of wisdom that we can all access. Chinese face reading



shows you how to live your life in alignment with your own natural flow, find the life path that gives you joy, attract relationships that nurture you, and most of all, enable you to feel compassion for yourself and others. This book will forever change how you see yourself . . . and all the people in your life!

**[Fire TV Stick with Alexa Voice Remote | Streaming Media Player](#)**



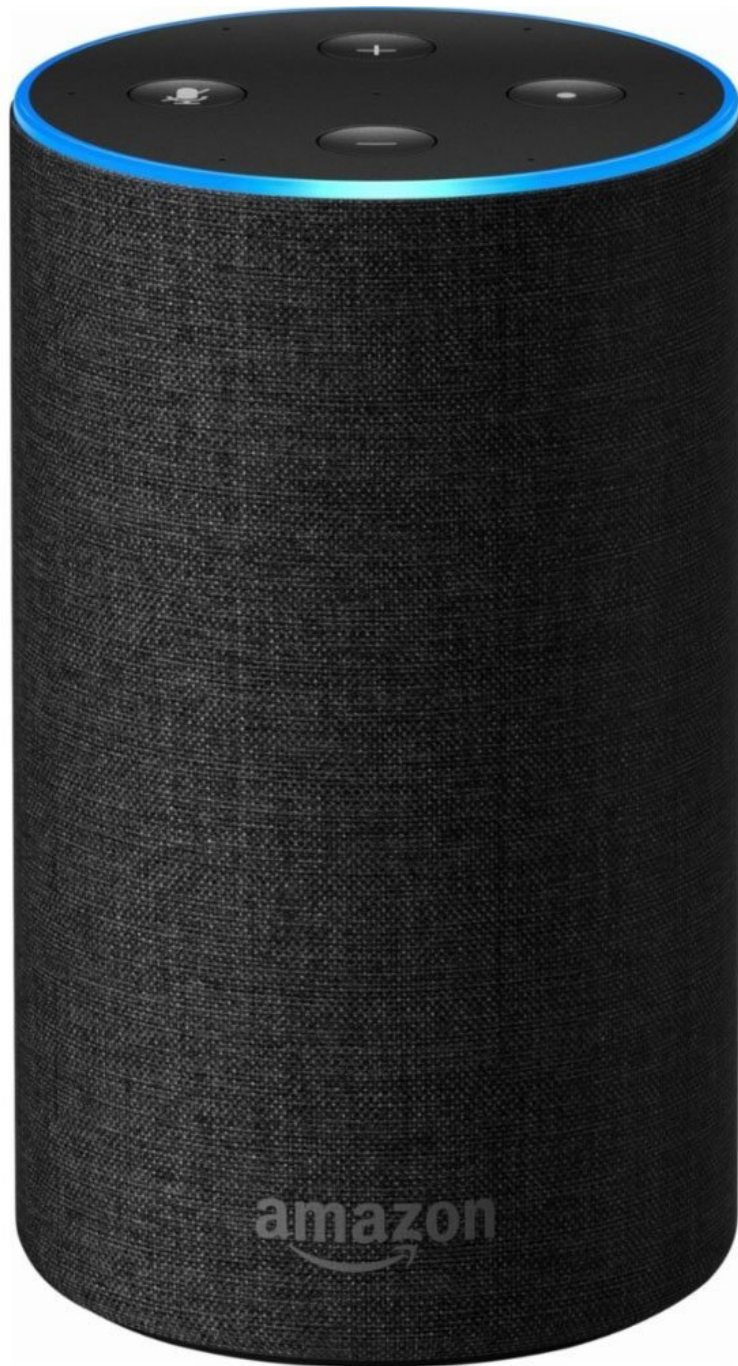




- The next generation of our bestselling Fire TV Stick—now with the Alexa Voice Remote.

- Enjoy tens of thousands of channels, apps, and Alexa skills with access to over 500,000 movies and TV episodes from Netflix, Prime Video, Hulu, HBO, SHOWTIME, NBC, and more. Plus, access millions of websites such as YouTube, Facebook, and Reddit with browsers like Silk and Firefox.
- Launch and control content with the included Alexa Voice Remote. Simply say, “Play Game of Thrones” or “Launch Netflix” and Alexa will respond instantly. Plus, play music, find movie showtimes, order a pizza, and more—just ask.

## **Echo (2nd Generation) – Charcoal Fabric**



- All-new Echo (2nd Gen) has a new speaker, new design, and is available in a range of styles

including fabrics and wood veneers. Echo connects to Alexa to play music, make calls, set music alarms and timers, ask questions, control smart home devices, and more—instantly.

- Just ask for a song, artist, or genre from Amazon Music, Spotify, Pandora, and more. With multi-room music, you can play music on compatible Echo devices in different rooms. Echo can also play audiobooks, radio stations, news briefs, and more.
- Call or message almost anyone hands-free with your Echo device. Also, instantly connect to other Echo devices in your home using just your voice.
- The new speaker, now with Dolby processing for crisp vocals and dynamic bass response. Echo can fill the room with 360° omnidirectional audio.
- With seven microphones, beamforming technology, and noise cancellation, Echo hears you from any direction—even while music is playing
- Just ask Alexa to check your calendar, weather, traffic, and sports scores manage to-do and shopping lists, control your compatible smart lights, thermostats, garage doors, sprinklers, and more
- Alexa is always getting smarter and adding new features and skills. Just ask Alexa to control your TV, request an Uber, order a pizza, and more.

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# **The Power of Face Reading your face never lies Part 1**

**The Power of Face Reading  
your face never lies**









This post on week 349 is about one of my favorite and most fascinating subjects I have studied. When I lived in China I was introduced to Face Reading and anytime I could I would go to learn from the readers Wow, it is like they know your whole story and of your ancestors as well. A well tuned professional face reader can describe you and your ancestors

so well that it may make you feel that he or she has been involved in your life on a daily basis. It is amazing. The accuracy and finesse of the system.

You may know someone who people adore. Most likely this person isn't wrinkle-free and doesn't have perfect features according to the general model of what is perfect, this is the blueprint of our feelings and our life mapping our experiences, the day to day history of our lives, I notice when people get plastic surgery in a few months people started to go back to how they looked before, that inspired me to do some research on the source about this fact and I remember my studies on Face Reading and Bingo!! there it was we make all these lines and formations on our entire body, not just the face. Droopiness and all those details that we start resenting and disliking, but if we get to know why it is happening our perception shifts to the understanding that if we made it happen we can change it, Chinese medicine teaches all the organs involved in Skin, Muscles, and basically the whole body, and how we are fully interconnected, I notice that when I teach this subject in my classes people are very surprised. It is amazing to me that most people don't have a conscious relationship that we are fully connected to our mind, body, and spirit. For the most part, everyone is running around so fast and the common denominator is I don't have time!!!! So when we are in our heads all the time it is no wonder we feel that we get up and function all day with just our head and nowadays with the phone being attached to it. Well, dear readers that definitely is not it and if you wish to change your physiognomy and get to know more about the people you deal with in a daily basis and even the ones you don't know this post can give you a very accurate mapping, I love to be able to understand how my whole system works and many miracles happen in our bodies minute to minute. Please enjoy and share so many people can benefit from it.

# Face Reading With Joey Yap



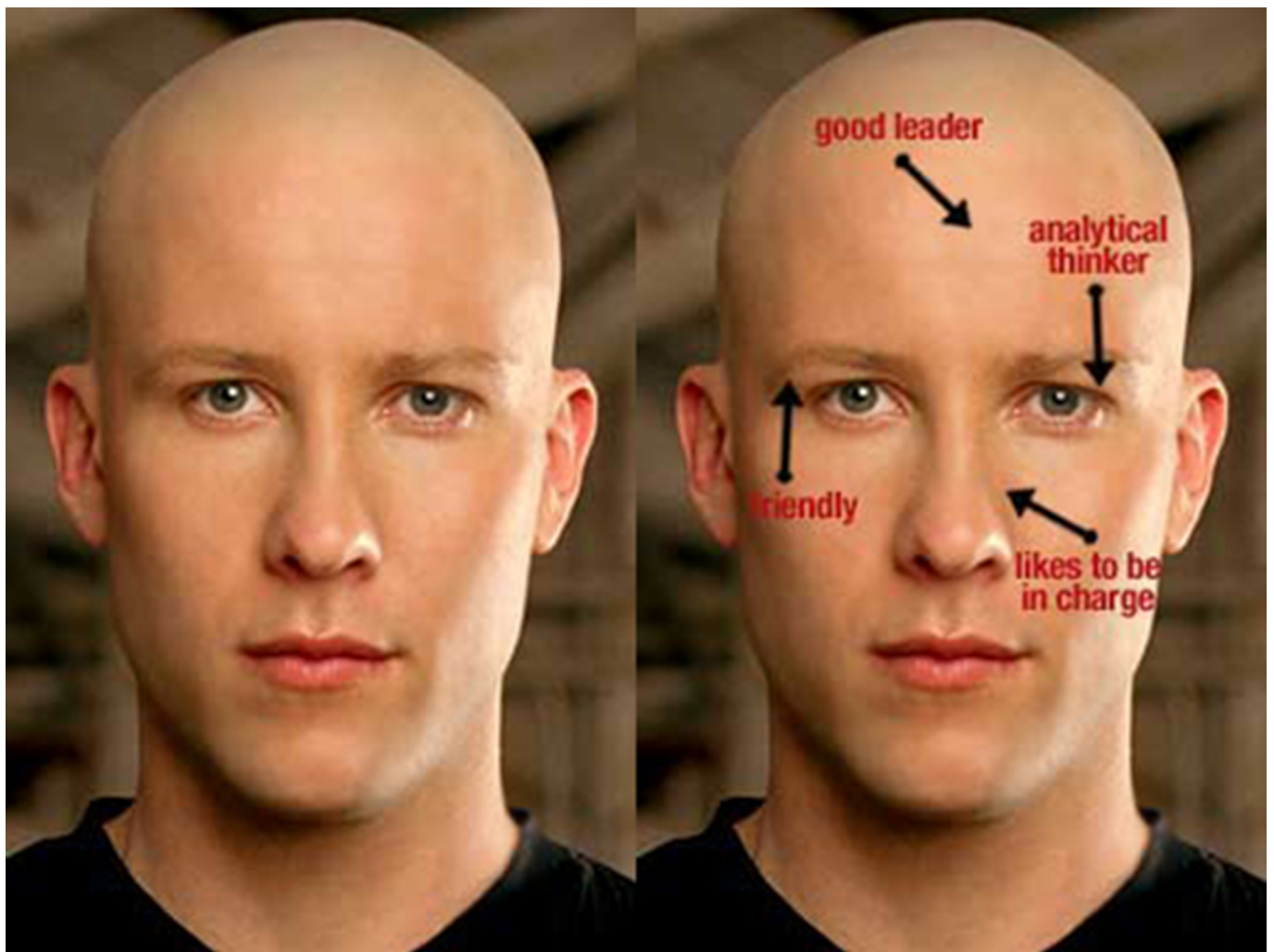
She was a perfect sample of the radiance,

## **kindness, and compassion that read through her beauty.**

Yet when he or she walks into a room, everyone's heart just soars and is turning head time. What they are responding to are the information that radiates out from that individual's face and body language. When people are living according to their true nature, everyone finds them beautiful.

With that being said, here we are posting a few facts about face reading there is so much more to it, we will continue to share with you in the future, here you can research more with the links provided.

## **What certain areas of the face mean**



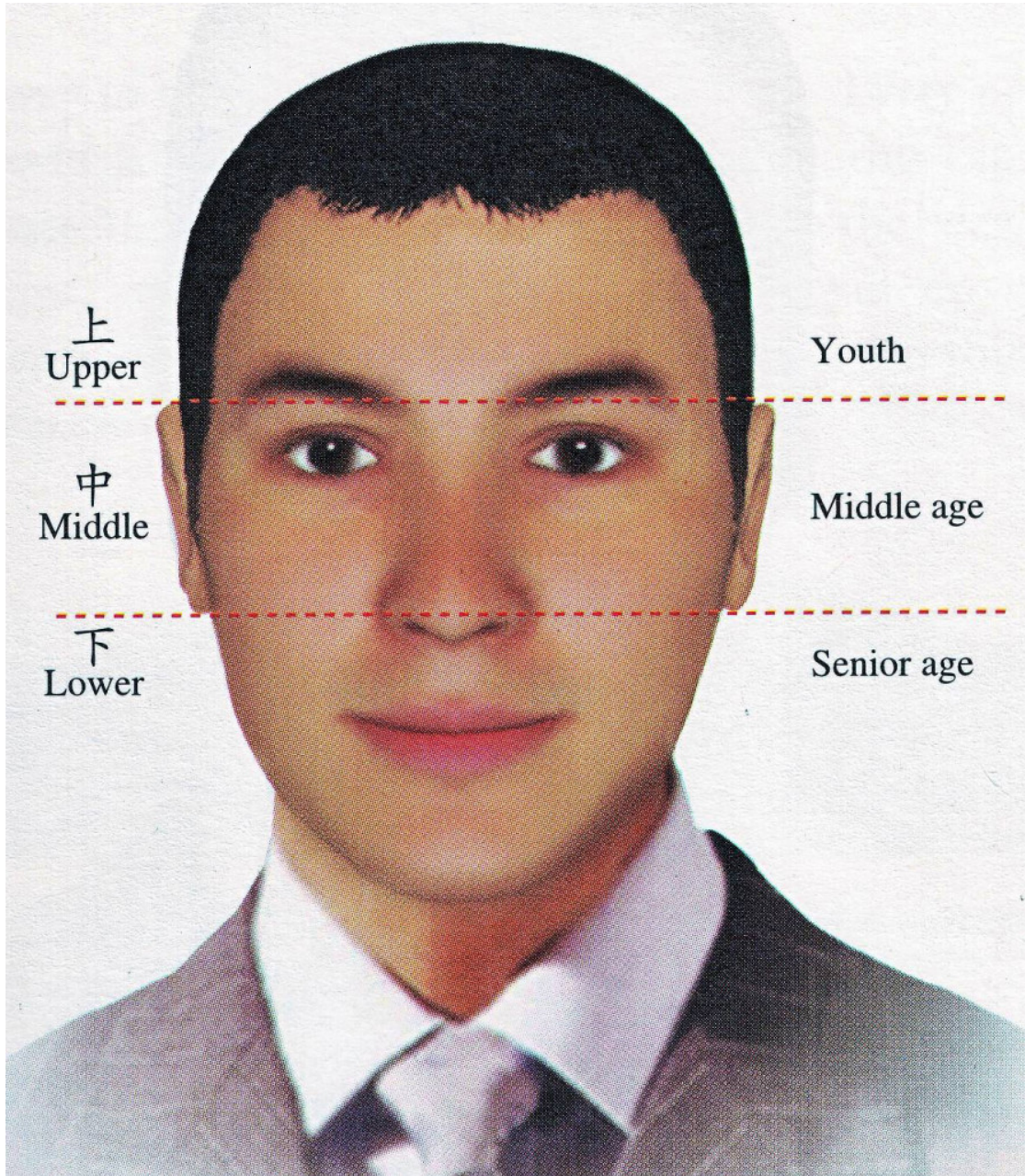
From <http://english.eastday.com>

Chinese face reading is as relevant today as it has been in the past and its use is definitely cross-cultural. We all have



a blend of elements and all faces reflect part of our nature pattern. Face reading first started in China during the 6th century BC, it was not affiliated with any religion. It is thought that they were probably Taoist shamans from rural areas such as Szechwan who specialized in non-traditional arts. By 220 BC, the art of face reading was established in Chinese life and classic tales, such as the Golden Scissors and Bamboo Chronicles, were written at this time.

Also, there were professional face readers during this time that combined the roles of priests, astrologers, and counselors. They were well-educated men with great compassion for humanity. The Chinese simply understood the concept that the face represents the story, energies, health, and fortune of a person so to live in harmony with the prevailing energies of the five elements, yin and yang, and the seasons they dedicated much time to the study of Face Reading. This wisdom has seen a huge resurgence in the West during the past 20 years with the growth of acupuncture, Chinese herbal medicine, Feng Shui and Qi Gong.



上  
Upper

Youth

中  
Middle

Middle age

下  
Lower

Senior age

Mental

Emotional

Physical



**Apollo ~ Sun ~ Fire**  
Resolute Stubborn  
Suppressed Emotions  
Physical - Volatile  
Closed Minded



**Jupiter ~ Ether**  
Determined Reliable  
Humanitarian  
Idealistic - Steadfast  
Self reliant



**Neptune ~ Moon ~ Water**  
Affectionate Happy  
Nurturing  
Mothering - Generous  
Manipulative

Mental

Emotional

Physical



**Mars ~ Earth**  
Practical - Physical  
Earthy Passion  
Steadfast - Reliable  
Gets Things Done



**Venus ~ Water**  
Sensitive - Flexible  
Warm- Idealistic  
Caring - Creative



**Mercury ~ Air**  
Intellectual - Quick  
Open Minded  
Organiser - Persuasive  
Restless

Mental

Emotional

Physical



**Saturn ~ Fire ~ Earth**  
Volcanic Determined  
Introverted  
Earthy Passion  
Intuitive - Cautious



**Uranus ~ Water ~ Ether**  
Strong-Minded  
Sensitive Flexible  
Compassionate  
Understanding



**Pluto ~ Water ~ Air**  
Emotional Sensitivity  
High Aspirations  
Mentally Active  
Needs Grounding

## The Principles of Face Reading: Chart from The Joey Yap Store

The starting principles of face reading that we are here discussing are the cosmic energies of the five elements and yin and yang. The elements are clear symbols and they represent qualities of energy within each person that are reflected in the face. A very elaborate physical, psychological and emotional profile can be constructed, incorporating the energies of the features, the life points of the face, the three divisions from top to bottom (forehead, midface and lower face) which show the nervous, circulatory and digestive systems and the facial zones which represent the internal organs is pretty accurate to say the least.

Each individual face is a map of the past, present, and future. The past is described as our inherited constitution, starting with our mother's pregnancy, our childhood, and adolescence, with each difficulty or every support in the family, and our very early years as we start out in the world. The present reflects our health at the precise time of the reading.

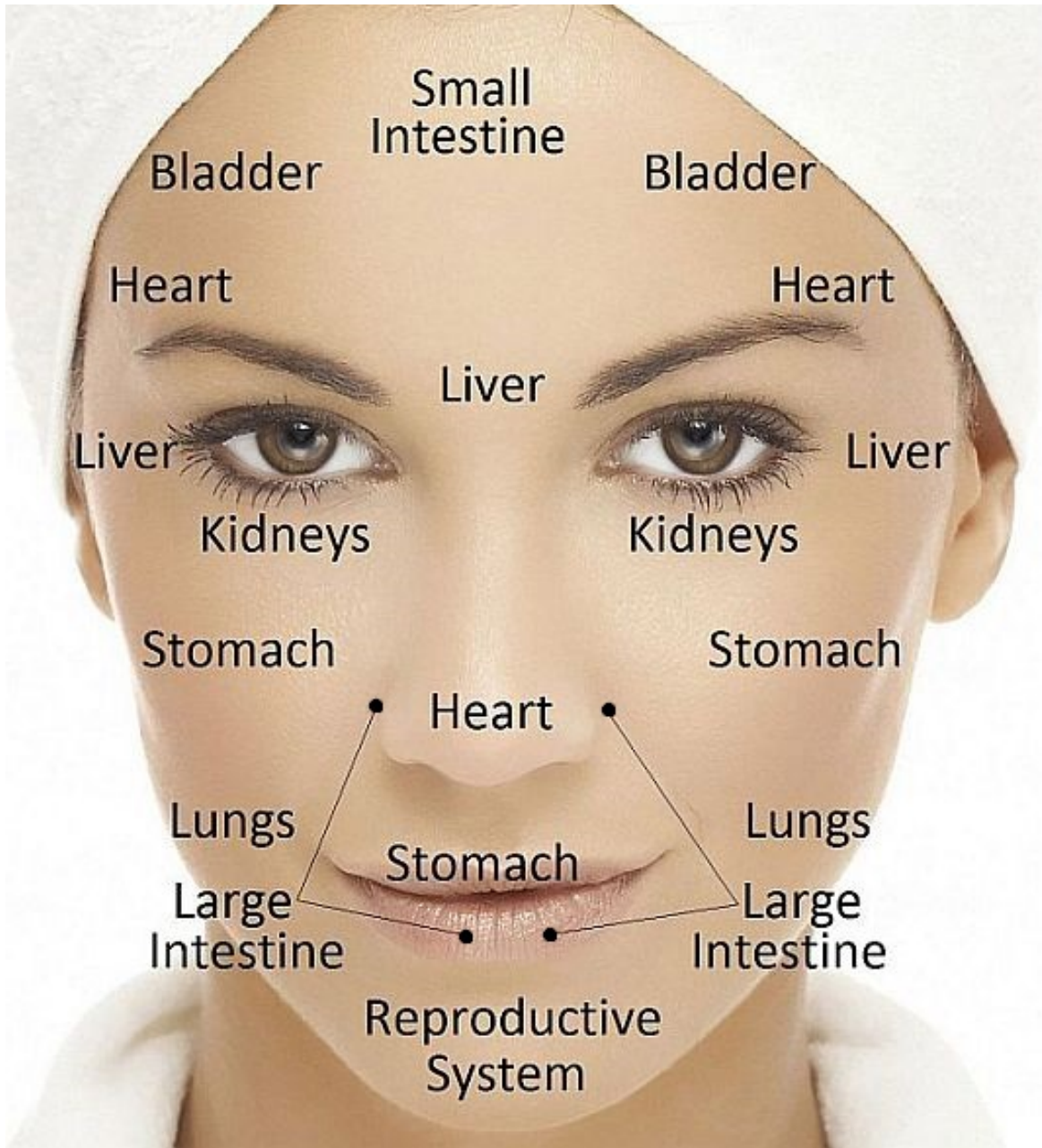
Coco Chanel said: Inappropriate diet, persistent negative emotions, drugs, toxins, and stress all contribute to lines, congestion, and colors on the face.

With that said the facial zones affected are related to the internal organs under stress like the rest of our physical

wellbeing. In the same way that the feet are a microcosm of the whole body in Reflexology, so the face shows the inner health status and the person behind the persona. The future is not predestined in the Chinese philosophy: acts of compassion can definitely lengthen one's life, and taking greater care with health can resolve possible future challenges. Sometimes destiny and the ups and downs of life can be improved by facial surgery? Correcting squints help one's fortunes during the years 35-40. However, nose jobs, which expose the nostrils and shorten the nose can affect the end of the 40s by creating many physical challenges.

## **Our Face and the areas representing our organ connection**





**Here are some examples of various shapes and qualities of face reading:**

## **What Eye Shapes Mean**









### **One White Eyes**

Center-focused eyes. Grandfather was someone of authority. Does not bode well for physical health, especially the heart.



### **Lower Three White Eyes**

Belong to celebrities or those with social standing. Tend to be snobbish and arrogant. Are afraid of heights, and prone to legal disputes.



### **Big Eyes**

Typically passionate characters, generous and not calculative. Proactive and easily adaptable, and more in tune with the senses.



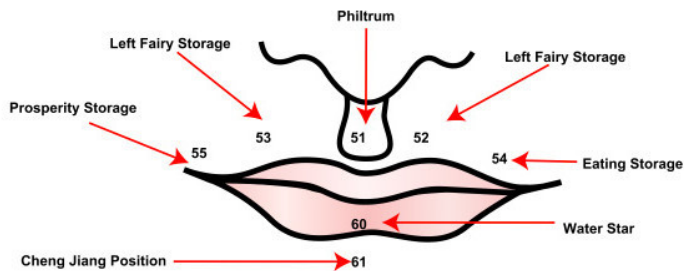
### **Big and Round Eyes**

Have expressive talents. Tend to trust people easily, and typically easy communicators who constantly need love.

# What Mouth Shapes Mean

JOEY YAP'S  
FACE READING REFERENCE CHARTS

**Mouth** 嘴



**Wide Mouth**

Ability to make money no matter where one ends up. They are usually happy-go-lucky and popular, but may tend to lack direction in life.



**Small Mouth**

Generally good-hearted people, but rarely happy. They tend to be amicable and have many friends, but may whine or complain a lot.



**Upper Lips Thick / Protruding**

Indicates a personality that feels a need to be wanted and loved by others. Sentimental in nature, and place greater value over emotional bonding than physical love



**Lower Lips Thick / Protruding**

Indicates a strong character that is independent and self-reliant. A tendency to be self-motivated, and values physical gratification over emotional love.



**Thick Lips**

This indicates a person of passionate temperament. They tend to be adoring, demonstrative, and enthusiastic when in love.



**Square Mouth**

Typically a lucky individual who can find success and happiness in all areas of life. Usually an honest and levelheaded personality, and liked by all.



**Round Mouth**

Indicates a personality with no hidden agenda, and content with what they have. Prone to constant worries, and generally lack a sense of security.



**Reverse Boat Mouth**

Typically a solitary nature, and may be sad and morose. Lack affinity with friends and loved ones. May also be stingy when it comes to money matters.



**Pearl in the Sea**

The 'Pearl' indicates a person who likes to argue, and always argues to win. Good at debating and articulating an argument.



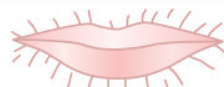
**Smiling Mouth**

Typically belongs to happy people who are grateful for what they have in life. Clever and straightforward, and also indicates a creative or artistic nature.



**Crooked Lips**

May have a wagging tongue, and a tendency to be scheming and wily in relationships. Will take advantage of superiors.



**Lined Mouth**

The lines that appear on a mouth aren't good lines – they are indicators and harbingers of loneliness. May live to an old, lonely age.

# What Face Shapes Mean

Charts from [The Joey Yap Store](#)

## Round Face:

These shapes of faces are known as water-shaped faced people. They have a plump more round and fleshy face. They are known to be sensitive and caring. And the individuals that possess them are thought to have strong sexual fantasies. If you are looking forward to a long-term and stable relationship, these people are proved to be the right choice.

## Oblong Face:

The long, thin face is called in Face Reading the wood shape face. These people may have a more muscular or athletic physique. They are thought to be very practical, methodical and tend to be more overworked for the most part. They have weighed along with narcissism and most likely have problematic relationships.

## Triangular Face:

These shape types are usually related to a thin body and with a definitely intellectual persuasion. They are considered to

be very creative and thought to have a very fiery temperament according to Chinese face readers.

## **Square:**

These types of faces are known as the metal shape face. These people are thought to have an intelligent, highly analytical, and decisive mind. The face shape is associated with an aggressive and dominating nature personality.

## **Rectangular Face:**

Here these types of faces signal some variety: they tend to dominate but with less force, often they get their way in politics, business, sports, being always balanced, sometimes ambitious, sometimes melancholic is a very large range.

## **Oval Shaped Face:**

Expresses a character is somewhat balanced, sweet, even charming, in which case those individuals are often best diplomats, but also able to duplicate, women are often outstanding artists. Sometimes they can be dangerous, but temperamentally very are weak, and also often they are weaker in physical strength, in many cases underactive.

# **Face Shape and Profile**

## **The Broad face shape:**

Having a broad face shape means that the height and width of the face are very close to each other in length. People with a broad face are confident by nature unless for an unforeseen reason he has lost his self-confidence somewhere throughout his life. When we talk about confidence by nature, what we mean is that he's usually secure and confident about doing things for the first time; meaning he's fine with new experiences. This type of person has got good influencing abilities; he usually has a relatively larger space distance between his eyes (and has a very high tolerance) because of his broad face. This type of person may not be interested in small details but would be rather interested in the bigger picture or the full view. For example, when telling him about a car accident, don't bother telling him about the car colors because he wouldn't be interested in the details are not important to him, he may not be even interested in the car types involved he wants to get to the point. From these qualities, we conclude that someone like that would make a good manager; that's why you would notice how most managers are of the broad-faced type.

## **Thin face Type:**

The thin face is very easily noticed because it appears to be longer than most normal faces. People with thin faces have faces that are much higher in length than in its width. A thin-faced person is more confident by experience and not by nature, which means that when trying something new, they may feel afraid or anxious. If they have a small eye distance too, then they may be interested in small details. The main challenge concerning thin-faced people is fear; fear is a very

big part of their lives and this may make them stick to a certain comfort zone and curb their adventurous side completely.

## Round face:

People with round faces are very friendly by nature, and they like social gatherings and for the most part, provide a nice company. When intending to ask for help, try to choose the round-faced type because they may be friendlier than the other people around.

Thank you for your visit are so very grateful for the time and attention you put into, please share so other people can benefit, check-in for part two.

Much love, and gratitude from all of us at Isabel's Beauty Blog