



Bone face

By Michael Tse

Did you know that our faces change as we grow older? Of course, when we are younger we have a younger face and when we are older, we have an older face. But the changing is not just about age, it is also about our health. Generally, a healthy face is fuller and rounder. Why is that? This is because healthy people have more Qi than others.

We all are covered with skin with our skeletons inside and muscles and flesh covering our bones. However, the more Qi we have, the fuller flesh we have, so our faces are rounder and this is actually more healthy and more lucky. When somebody's face is clear and open, then this means that their mind is clear and honest. When someone's face is thinner and their hair hides their face, this means that they are thinking too much. They may even have wild or unusual thinking and a lot of time they are not grounded.

When a person does not enough Qi, it means their kidneys are weaker and so the mind also is affected as the brain and kidneys are related. The stronger our kidney Qi, the more clear our minds will be. Also, a healthy person generally is more open, is easier to approach and listen. They are easier to be with and we can easily feel their sincerity.

However, someone who is not so healthy can be very emotional. When the body's internal organs are not healthy, this can affect a person's moods because each organ is related to a different emotion. For instance, the liver relates to the emotion anger. Emotions can also affect our internal organs but for someone who practises more Qigong, their emotions will be more balanced. Even when they are more open to pick up other peoples' moods, they can still handle and not let it affect them so much because they are healthy. This balanced attitude and calmness is also reflected on their face. For someone who has a lot of emotions, though, this also shows on the face.

So how does Qigong make us calmer? It is because when we practise we are more relaxed and so we do not worry as much. We are also healthier and so we can handle problems much better. Meditation also helps us to calm down the mind and body.

When we relax we, of course, we think less or at least do not worry as much. In a high level of relaxation our minds are empty. This is very important for our health because worrying makes us tense and we use our Qi which also creates blockages. All our illnesses are based on tension in the beginning, so we must relax most of time. Sometimes in our training, we can use some strength but only for a short time. Long term tension can cause us to be ill - even in training - and if it continues, it can even cause serious health problems.

So when we are healthy, our faces have no tension and in this way, the Qi and the blood can fill up the whole face. Healthy faces also have a rosy colour because the circulation of Qi and blood is good. That is why healthy faces look rounder and colourful.

However, remember this kind of round face that I am describing is not about being overweight. If we are unhealthy and eat a lot, there is no doubt we will be overweight. Unfortunately, today a lot of foods can easily make us fat. It is not like in the old days when things were more pure. Now a lot of foods have so many chemicals that they are like poison when we eat a lot of them.

The difference, though, between a healthy, round face and the face of someone who is overweight is that a healthy face has good colour, looks happy, kind and even wiser. But with the face of someone overweight, we can see that it is more swollen than round. An overweight person is more likely to move less, be tired very easily and so their circulation is poor and toxins build up in the body. The skin will not look clear and shiny or have the same colour as in a healthy face. It can even look pale, even grey in colour.

If we do not come across a healthy faces often, then we can easily confuse healthy faces and unhealthy faces. However, healthy faces do reflect a healthy body and mind. The eyes also will be bright, have good spirit and the person will be calmer, kinder.

Today, people in the west are trying to be skinnier and skinnier but if you look at their faces after all their dieting, they look ill, have dark shadows under their eyes, hollow cheeks and their bones sticking out. They might have lost some weight and their faces look thinner but they do not look healthier.

Usually, when we are young our faces are thinner, when we come to middle ages our faces are fatter. This is quite normal. When we are older we then get thinner again. However, in nature we should be fatter when we are young because when we are older we will be thinner again. This is because our body cannot digest that much and absorb too many nutrients. So our diet is different. It is same as our sleeping. When we are younger we need a lot sleep, but when we are older we then sleep maybe just four or five hours a day.

But that is normal. Nature has all it all worked out. No matter how good and advanced our technology, if nature is not happy, then with just one earthquake, one tornado, one tsunami, everything is over. Even if sometimes if the sun is not happy, just change litter lit direction, or stop for just one minute. We all die. Ha, Ha,.

That is Dao, Chinese high level of knowledge, " follow the Nature."

More we practise Qigong, in movements or meditation we are in the very relaxing state. Longer we are in that state, we will be part of nature, when we follow the nature which will help us and support us, even get rid of all our illnesses. We will be healthy and having better face.

Do you know that even we think we are not good looking, but believe or not when you are healthy we will look good, no one will said you do not good look, I have seen this many times on many people. When they are healthy their luck is coming along.

On the contrast, when someone born with good looking face, but when they are worry and be selfish, their face begins to change, their luck is going down too. Take it easy, and relax to deal with all situations, you then will be healthy and lucky.