

Meridians and Emotions

Meridian

- Small Intestine
- Triple Warmer
- Heart
- Circulation-Sex
- Spleen
- Stomach
- Lung
- Large Intestine
- Bladder
- Kidney
- Gall Bladder
- Liver

Emotions When Balanced

- Joy, Appreciated, Equality
- Lightness, Harmony, Hope
- Love, Forgiveness, Self-worth
- Relaxation, Generosity, Satisfaction
- Faith in the future, Confident
- Contentment, Tranquility, Empathetic
- Humility, Tolerant, Enthusiastic, Humble
- Worthy, Willing to Let go
- Peace, Harmony, Self-direction, Balanced
- Security, Loyalty, Sexual Assuredness
- Adoration, Decisive, Loved, Free to choose
- Happiness, Content, Free to change

Emotions When Blocked

- Sorrow, Unappreciated, Inferior
- Heaviness, Loss of faith, Hopelessness
- Anger, Hate, Insecure, Jealous
- Stubborn, Blame, Regretful
- Anxious, Mentally rigid, Rejected
- Worried, Apprehensive, Critical
- Intolerant, Depressed, Prejudiced
- Unworthy, Unmerciful, Refuse to let go
- Restless, Need approval, Impatient
- Insecurity, Disloyalty, Procrastination
- Indecisive, Abandoned, Resentment
- Anger, Defensive, Stuck

Positive Affirmations

- My life is a joy.
- My spirit lifts me even higher.
- My heart is filled with love.
- I accept my life.
- I have faith and confidence in my future.
- I am contented and tranquil.
- I celebrate my existence.
- I am worthy of being loved.
- My inner conflicts are resolved.
- I am one with all.
- I reach out with love.
- I am blessed with happiness.