

<b>MERIDIAN</b>	<b>ORGANS</b>	<b>DISEASE RELATIONSHIPS</b>	<b>NEGATIVE EMOTIONAL STATES</b>	<b>POSITIVE EMOTIONAL STATES</b>	<b>Daily Affirmation</b>
<b>Lung</b> <b>3-5 a.m.</b>	Lungs	Respiratory diseases, sore throat, cough, common cold, pain in the shoulder and along the meridian	Disdain, Scorn, Contempt, Haughtiness, False Pride, Intolerance, Prejudice	Humility, Tolerance, Modesty.	I am humble, I am tolerant I am modest
<b>Liver</b> <b>1-3 a.m.</b>	Liver	Liver problems, lumbago, vomiting, hernia, urination problems, pain in the lower abdomen and along the course of the meridian	Unhappiness	Happiness, Cheer.	I am happy I have good fortune I am cheerful
<b>Gall Bladder</b> <b>11 p.m.-1 a.m.</b>	Gall Bladder	Gall bladder problems, ear diseases, migraine, hip problems, dizziness, pain along the meridian	Rage, Fury, Wrath	Reaching out with Love and Forgiveness, Adoration.	I reach out with love I reach out with forgiveness.
<b>Spleen</b> <b>9-11 a.m.</b>	Spleen, Pancreas	Problems of the spleen and pancreas, abdominal distension, jaundice, general weakness and sluggishness, tongue problems, vomiting, pain and swellings along the course of the meridian	Realistic anxieties about the Future	Faith and confidence about the future, Security.	I have faith and confidence in my future. I am secure. My future is secure.
<b>Kidney</b> <b>5-7 p.m.</b>	Kidneys, Eyes, Ears	Kidney problems, lung problems, dry tongue, lumbago, oedema, constipation, diarrhoea, pain and weakness along the course of the meridian	Sexual Indecision	Sexual Assuredness.	My sexual energies are balanced. I am sexually secure.
<b>Large Intestine</b> <b>5-7 a.m.</b>	Colon, Rectum, Appendix	Abdominal pain, constipation, diarrhoea, sore throat, toothache in the lower gum, nasal discharge and bleeding, pain along the course of the meridian	Guilt	Self worth.	I am basically clean and good. I am worthy of being loved.
<b>Circulation- Sex</b> <b>7-9 p.m.</b>	Adrenals, Reproductive Glands	Poor circulation, angina, palpitation, diseases of the sexual glands and organs, irritability, pain along the course of the meridian	Regret, Remorse, Jealousy, Sexual Tension, Stubbornness	Renunciation of the past, Relaxation, Generosity, Abjuration.	I renounce the past. I am generous. My body is relaxed. I am relaxed.
<b>Heart</b> <b>11 a.m.-1 p.m.</b>	Heart	Heart problems, dryness of the throat, jaundice, pain along the course of the meridian	Anger	Love, Forgiveness.	I have forgiveness in my heart. I forgive.
<b>Stomach</b> <b>7-9 a.m.</b>	Stomach, Sinuses	Stomach problems, abdominal pain and distension, oedema, vomiting, facial paralysis, sore throat, toothache in the upper gum, nose bleeding, pain along the meridian	Disgust, Disappointment, Bitterness, Greed, Emptiness, Deprivation, Nausea, Hunger	Contentment, Tranquility.	I am content. I am tranquil.

<b>Thyroid (Triple Heater) 9-11 p.m.</b>	Thyroid, Pericardium	Diseases of the thyroid and adrenal glands, ear problems, sore throat, abdominal distension, oedema, swelling of cheek, pain along the meridian	Depression, Despair, Hopelessness, Grief, Despondency, Loneliness.	Hope, Lightness, Buoyancy, Elation, Solitude.	I am buoyed up with hope. I am light and buoyant.
<b>Small Intestine 1-3 p.m.</b>	Duodenum, Small Intestine	Pain in the lower abdomen, sore throat, swelling or paralysis of face, deafness, pain along the meridian	Sadness, Sorrow	Joy	I am jumping with joy. I am full of joy.
<b>Bladder 3-5 p.m.</b>	Bladder, Urethra	Bladder problems, headache, eye diseases, neck and back problems, pain along the back of the leg	Restlessness, Impatience, Frustration	Peace, Harmony.	I am in harmony. I am at peace. I am balanced. Dissonances and conflicts within me have been resolved.
<b>Thymus</b>	Thymus	Spinal problems, mental disorders, fever, nose problems, headaches	Fear, Hate, Envy.	Faith, Trust, Gratitude, Courage,	I have love. I have faith. I have trust. I have gratitude. I have courage.

My life energy is high.  
I am in the state of love

## TEST IMAGES FOR EACH MERIDIAN

**Lung** You are with someone who you feel is very silly or ignorant. You feel much smarter and you are very aware of the contrast between your genius and his stupidity, and you feel superior.

**Liver** You are very unhappy because your lover has left you. Everything would be perfect if only he / she would come back to you.

**Gall Bladder** Someone has just done something very infuriating. He has just read your most personal letters and your private diary without your permission. You are shouting at him. You want to hit him.

**Spleen** Next month's bills are before you. You do not have the money to pay them, and you can see no way of coming up with it.

**Kidney** You are having sex with an acquaintance-someone you are not particularly attracted to, yet are not totally turned off by.

**Large Intestine** You have just done something over which you feel extremely guilty. Use an example from your own life.

**Circulation-Sex** . You are in the midst of a long project, and it seems that the project will never be completed. You sincerely regret that you ever began it.

- You are thinking of a person who really turns you on, and the more you think about this person, the more excited you become.
- You find your lover with a rival and you are trying to figure a way of getting your lover away from the rival and back for yourself.

**Heart** You come back from a walk in the neighborhood and catch a vandal in the act of letting the air out of the tires of your car.

**Stomach** . You are walking down the street and see your lover strolling arm- in-arm with someone else. You realize that you have been displaced.

- You have been in line for a promotion for some time. When the vacancy occurs, someone else is given the job.

**Thyroid** You are at home, you have no energy, and you have nothing to do worth doing. You feel heavy and weighed down. Everything is just too much.

**Small Intestine** You feel full of tears, as if you could cry.

**Bladder** You are standing on a bus that is caught in a traffic jam. The bus is moving very, very slowly. You are in a great hurry to get home. You are becoming very upset.