

**You need to say this affirmation to yourself with real meaning 20x last thing at night for 4 weeks.**

**LOW SEROTONIN (Bladder meridian)**

**Sequence -**

*I truly want to release my unconscious emotion of shame and humiliation and replace it with infinite power of love now and forever.*

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

**LOW ACETYLCHOLINE (Gall bladder meridian)**

**Sequence -**

*I truly want to release my unconscious emotion of guilt and blame and replace it with infinite power of love now and forever.*

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

**LOW GABA (Large Intestine meridian)**

**Sequence -**

*I truly want to release my unconscious emotion of despair and apathy and replace it with infinite power of love now and forever.*

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

**LOW DOPAMINE (Conception vessel)**

**Sequence -**

*I truly want to release my unconscious emotion of grief and regret and replace it with infinite power of love now and forever.*

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

**HIGH SEROTONIN (Kidney meridian)**

**Sequence -**

*I truly want to release my unconscious emotion of anxiety and fear and replace it with infinite power of love now and forever.*

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

**HIGH DOPAMINE (Governing vessel)**

**Sequence -**

*I truly want to release my unconscious emotion of craving and desire and replace it with infinite power of love now and forever.*

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

**HIGH GABA (Lung meridian)**

**Sequence -**

*I truly want to release my unconscious emotion of anger and hate and replace it with infinite power of love now and forever.*

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

**HIGH ACETYLCHOLINE (Liver meridian)**

**Sequence -**

*I truly want to release my unconscious emotion of pride and scorn and replace it with infinite power of love now and forever.*

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30