

**Advance this slide to the appropriate meridian that your practitioner has prescribed for you.**

**Play some classical music which you enjoy whilst you watch the screen for 15 minutes**

**Stomach**

**(I see harmony in all situations and am full of  
Forgiveness)**

# Triple Warmer

(I take a neutral stance in all situations and am full of Trust)

# **Large Intestine**

**( I release all my emotions of Apathy and Despair)**

**Conception Vessel**  
**(I release all things that I am holding onto)**

# **Gall Bladder**

**(I release all my feelings of Guilt or Blame)**

# **Small Intestine**

**(I understand the meaning in all things)**

**Bladder**  
**(I am high in self esteem)**



**Spleen**  
**(I am full of hope and optimism)**

**Circulation / Sex**

**(I am Courageous in all things in my life)**

# Lung

**(I release any feelings of Anger that I may hold onto)**

# **Governor Vessel**

**(I desire to excel in all situations in my life)**

# Liver

**(I release any bottled up emotions of hurt  
pride that I maybe holding onto)**

# Heart

**(I see Love which is unconditional, unchanging and permanent in all people and things)**

**Kidney**  
**(I release all my Fears and Anxieties)**

4.00 nm



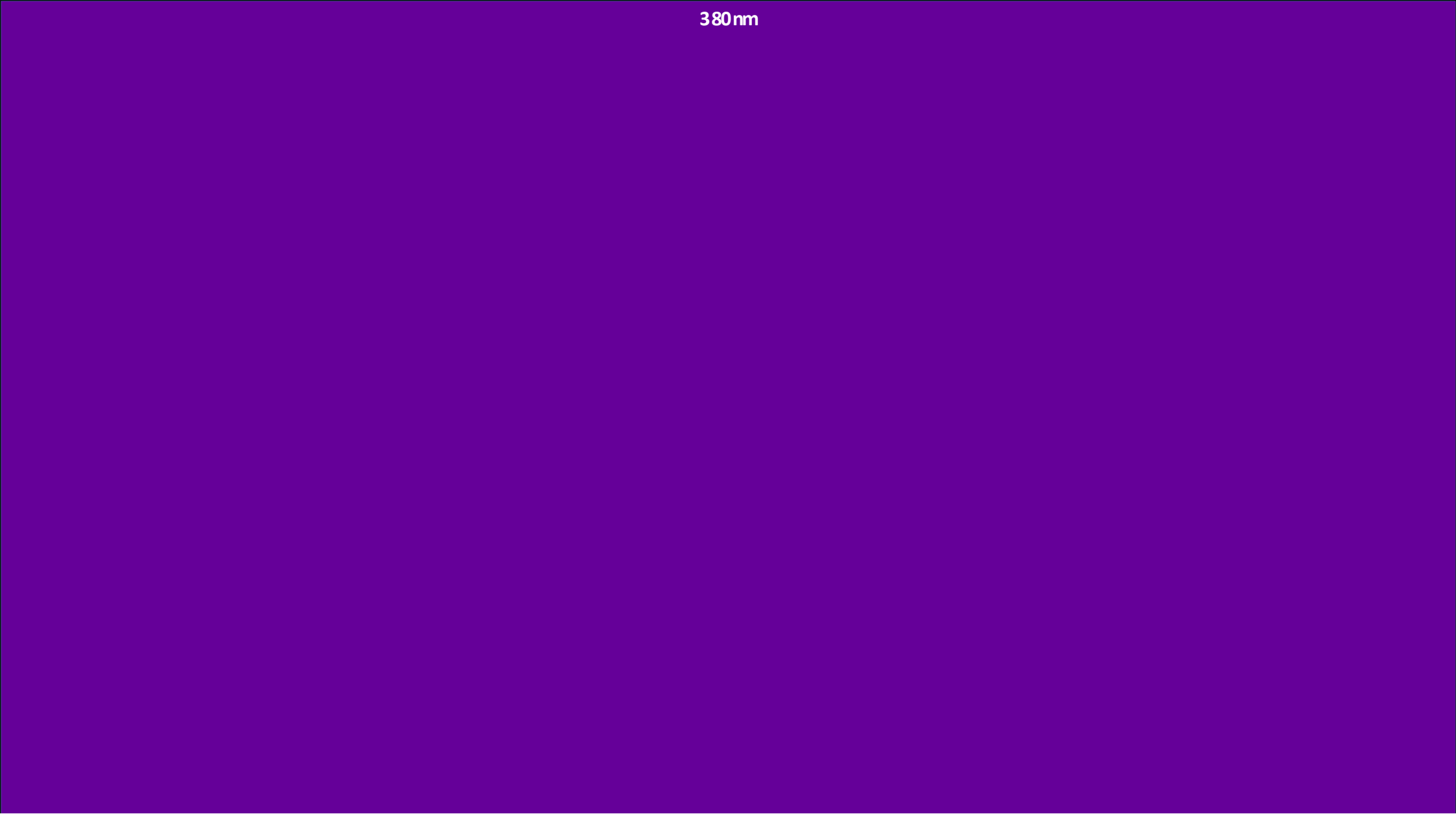


395nm

390nm

385 nm

380 nm



375nm

370nm