

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

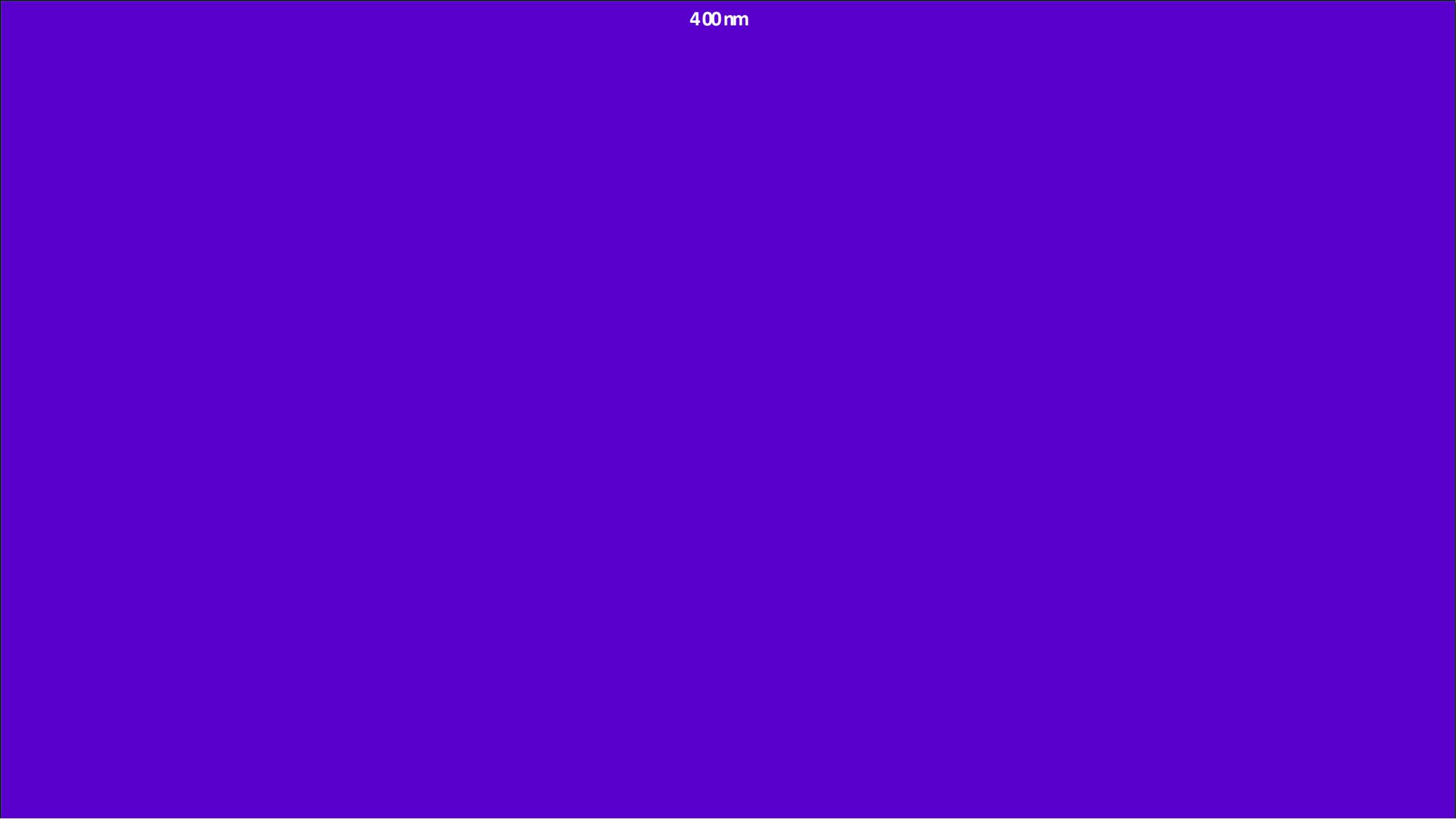
**(I release any bottled up emotions of hurt
pride that I maybe holding onto)**

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

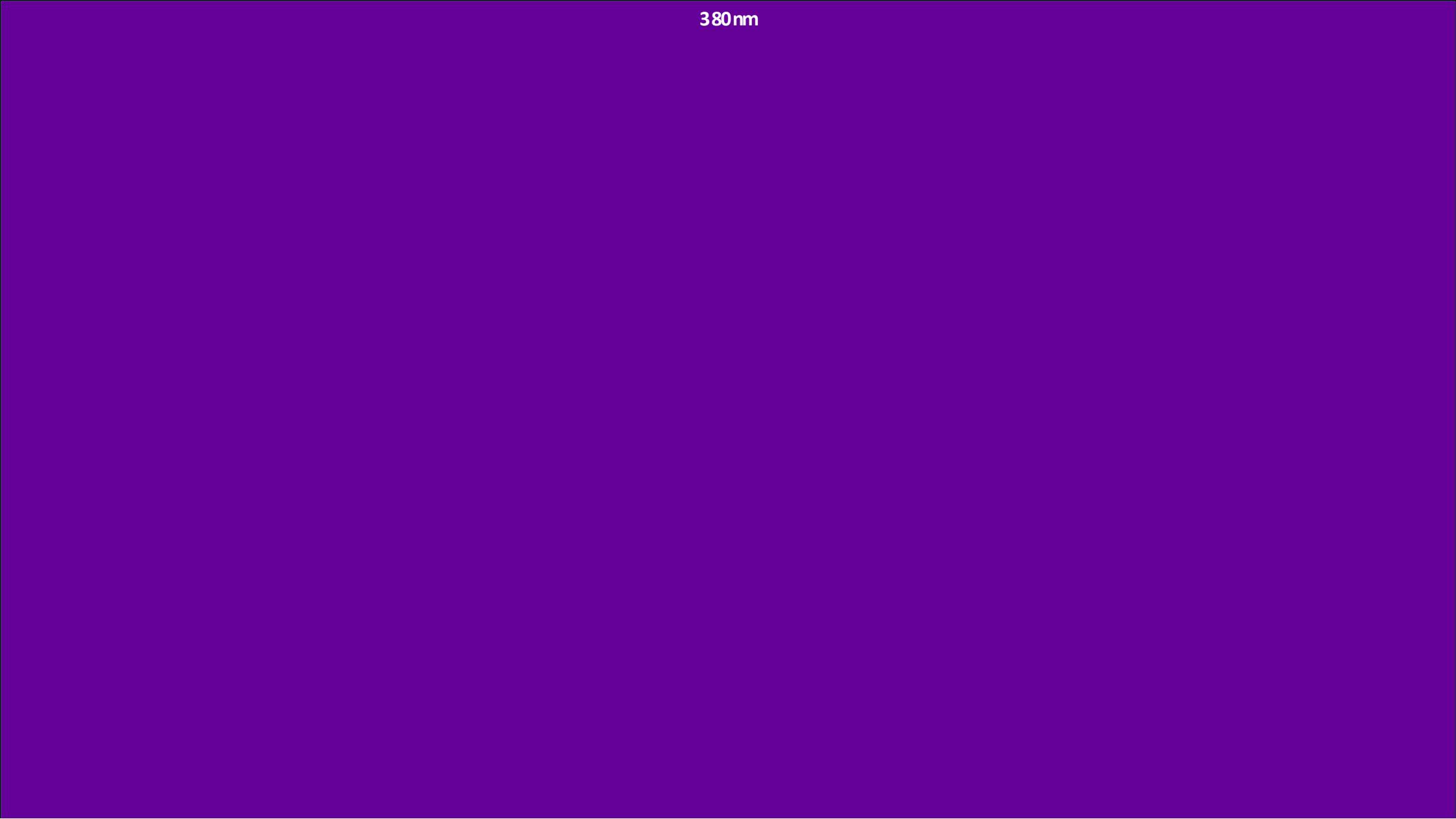


395nm

390nm

385 nm

380 nm



375nm

370nm