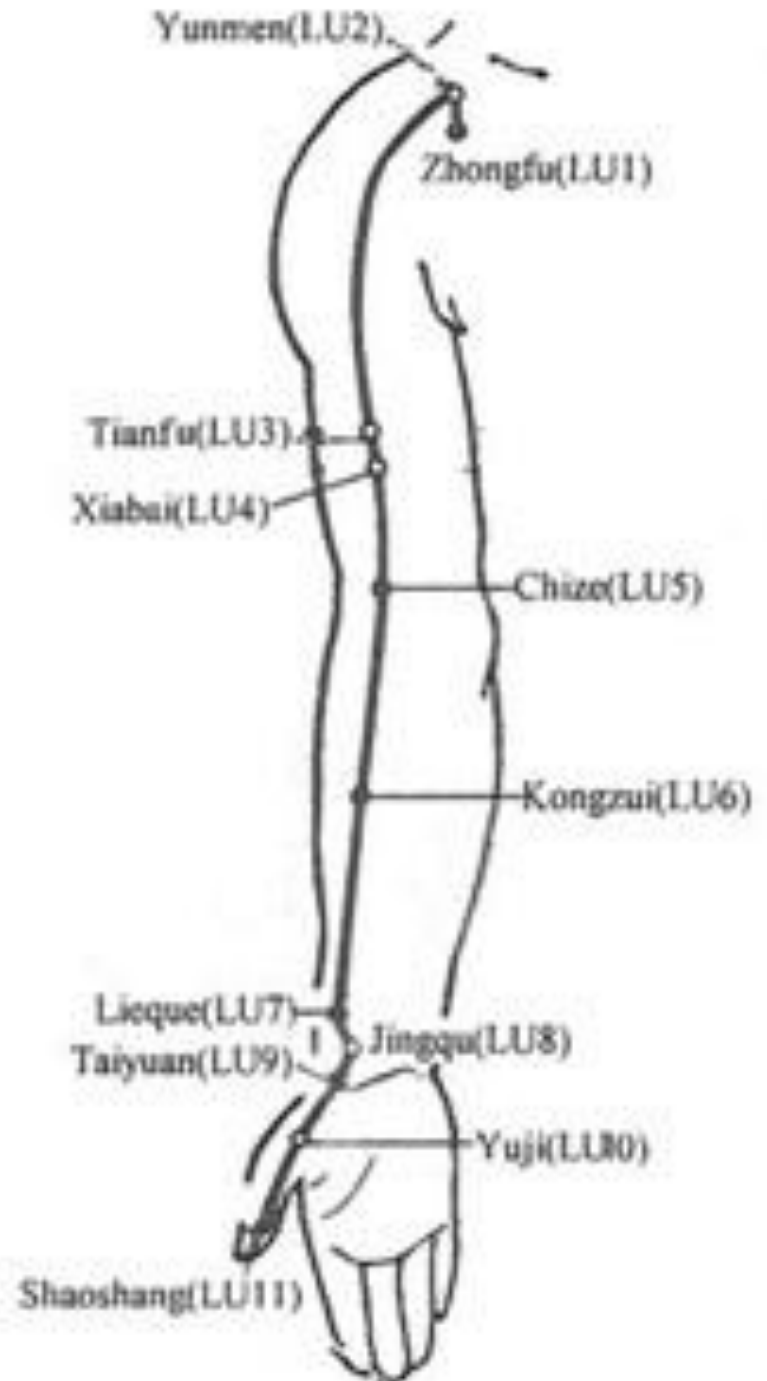


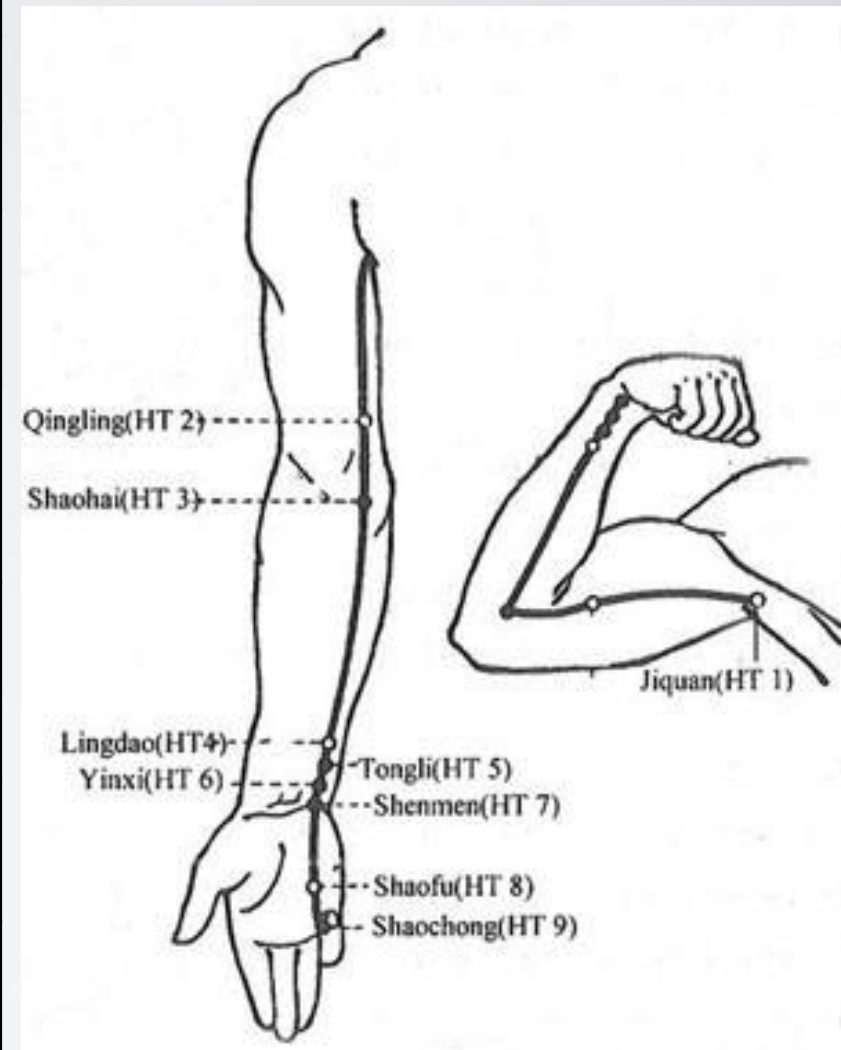
# The Lung Meridian

<b>Element</b>	Metal Element
<b>Yin or Yang</b>	Greater yin (Taiyin)
<b>Paired with</b>	Large Intestine Meridian (yang)
<b>Dominant period</b>	3:00 am to 5:00 am
<b>Major associations in physical body</b>	Lungs, bronchi, skin, respiratory system, immune system, allergies
<b>Physical symptoms of imbalanced meridian</b>	Allergies, oxygen deficiency, skin issues, asthma & other breathing issues, cold limbs, hot palms
<b>Psychological association</b>	Communication issues
<b>Negative emotions</b>	Contempt, disdain, scorn, haughtiness, intolerance, prejudice
<b>Affirmative emotions</b>	<ul style="list-style-type: none"> <li>• I am humble</li> <li>• I am tolerant</li> <li>• I am modest</li> </ul>



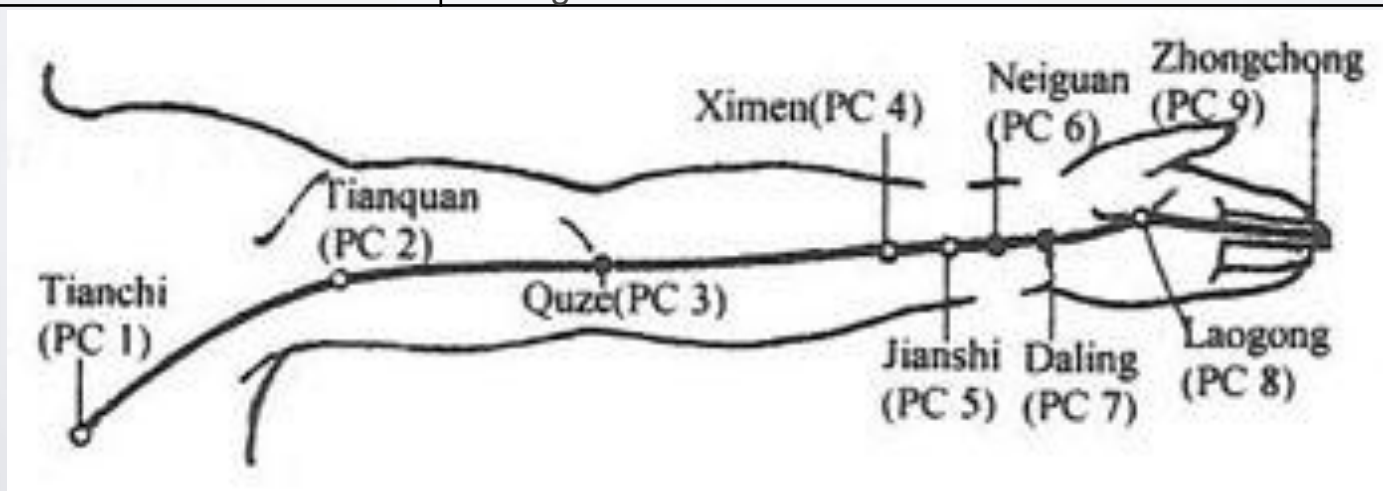
# The Heart Meridian

<b>Element</b>	Fire Element
<b>Yin or Yang</b>	Lesser yin (Shaoyin)
<b>Paired with</b>	Small Intestine Meridian (yang)
<b>Dominant period</b>	11:00 am to 1:00 pm
<b>Major associations in physical body</b>	Heart, blood vessels, oxygen supply of body, governs blood and pulse
<b>Physical symptoms of imbalanced meridian</b>	Heart issues (pain, palpitations), laryngitis, dry throat
<b>Psychological association</b>	Emotional stress, unrest, fear, pronounced grief, concentration disturbances
<b>Negative emotions</b>	Anger, annoyance, rage
<b>Affirmative emotions</b>	<ul style="list-style-type: none"> <li>•I love</li> <li>•I forgive</li> <li>•My heart is forgiving</li> </ul>



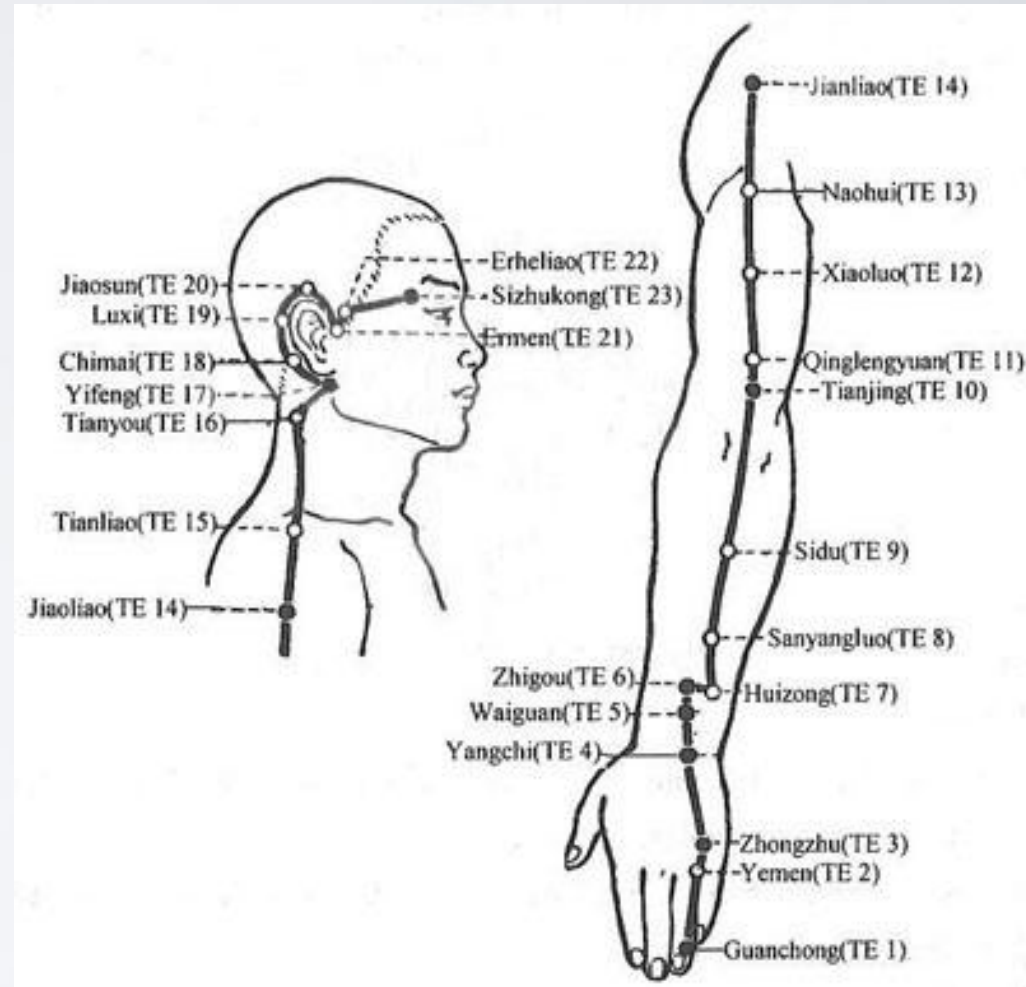
# The Pericardium Meridian

<b>Element</b>	Fire Element
<b>Yin or Yang</b>	Absolute yin (Jueyin)
<b>Paired with</b>	Triple Warmer Meridian (yang)
<b>Dominant period</b>	7:00 pm to 9:00 pm
<b>Major associations in physical body</b>	Pericardium, blood, cardiovascular system, blood pressure & circulation
<b>Physical symptoms of imbalanced meridian</b>	Heart malfunctions, chest pressure, pain in thorax, spasms, blood circulation problems, inflammations, sweating of hands
<b>Psychological associations</b>	Relaxation, generosity, and renunciation, mental illness
<b>Negative emotions</b>	Regret, sexual tension, jealousy, stubbornness
<b>Affirmative emotions</b>	<ul style="list-style-type: none"> <li>• I let go of the past</li> <li>• I am relaxed</li> <li>• I am generous</li> </ul>



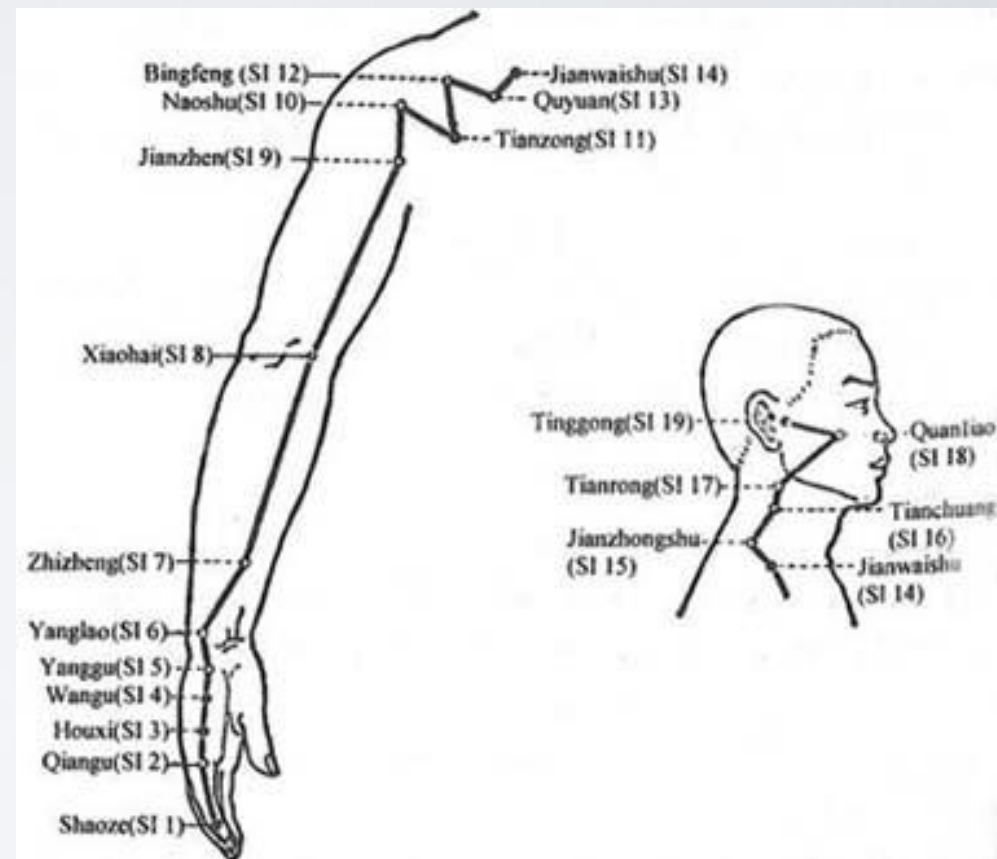
# The Triple Warmer Meridian

<b>Element</b>	Fire Element
<b>Yin or Yang</b>	Lesser yang (Shaoyang)
<b>Paired with</b>	Pericardium Meridian (yin)
<b>Dominant period</b>	9:00 pm to 11:00 pm
<b>Major associations in physical body</b>	Not associated with a physical organ but distributes chi to them all.
<b>Physical symptoms of imbalanced meridian</b>	Water imbalances, fevers, shivers, headaches, sore throat, thirst,
<b>Psychological association</b>	Reflects impatience and intense activity
<b>Negative emotions</b>	Depression, despair, grief, sorrow, hopelessness, loneliness, isolation, seclusion
<b>Affirmative emotions</b>	<ul style="list-style-type: none"> <li>• I am elated and vibrant</li> <li>• I am full of hope</li> </ul>



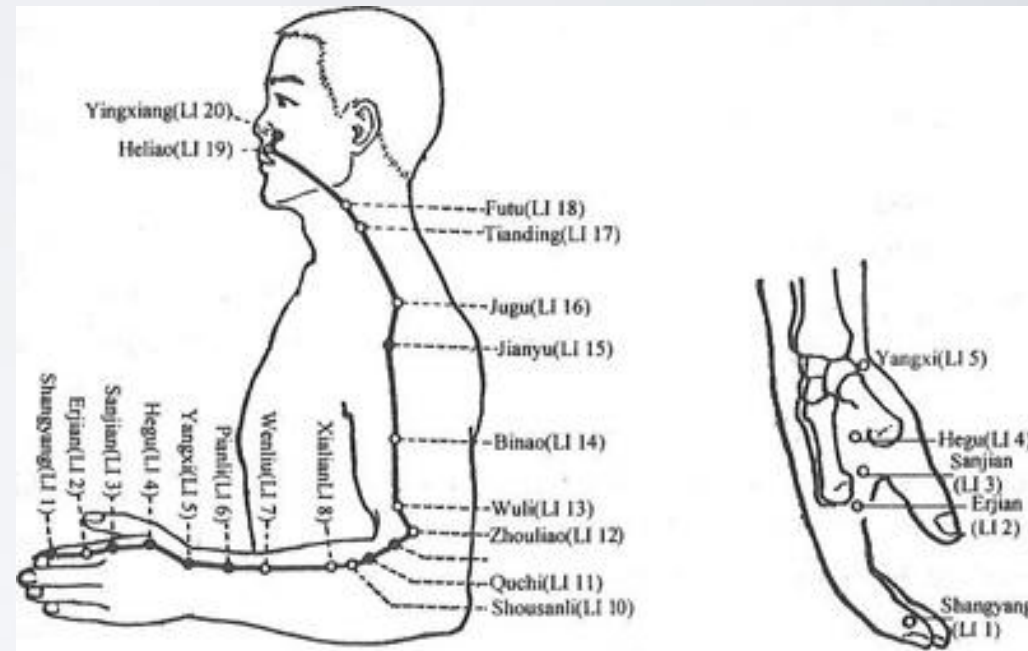
# The Small Intestine Meridian

<b>Element</b>	Fire Element
<b>Yin or Yang</b>	Greater yang (Taiyang)
<b>Paired with</b>	Heart Meridian (yin)
<b>Dominant period</b>	1:00 pm to 3:00 pm
<b>Major associations in physical body</b>	Small intestine, mucous membranes of the nose & throat
<b>Physical symptoms of imbalanced meridian</b>	Sinusitis, tooth illnesses, rheumatic disorders, functional stomach issues, bronchitis, skin diseases, tinnitus, ear infections
<b>Psychological association</b>	Coping with emotional and mental demands and pressures
<b>Negative emotions</b>	Sadness, grief, suffering
<b>Affirmative emotions</b>	<ul style="list-style-type: none"> <li>•I am full of joy</li> <li>•Life is great</li> </ul>



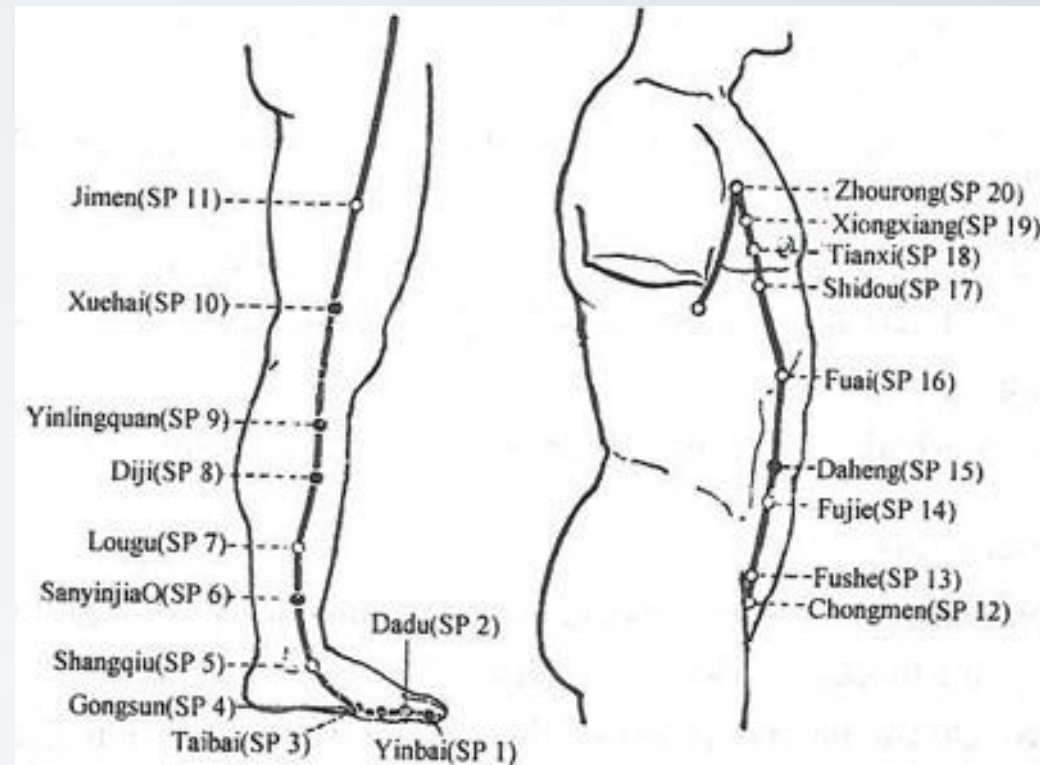
# The Large Intestine Meridian

<b>Element</b>	Metal Element
<b>Yin or Yang</b>	Yang brightness (Yangming)
<b>Paired with</b>	Lung Meridian (yin)
<b>Dominant period</b>	5:00 am to 7:00 am
<b>Major associations in physical body</b>	Large intestine
<b>Physical symptoms of imbalanced meridian</b>	Sinusitis, tooth illnesses, rheumatic disorders, functional stomach issues, bronchitis, skin diseases, tinnitus, ear infections
<b>Psychological association</b>	Self esteem.
<b>Negative emotions</b>	Guilt
<b>Affirmative emotions</b>	<ul style="list-style-type: none"> <li>• I am pure and good</li> <li>• I am worthy to be loved</li> </ul>



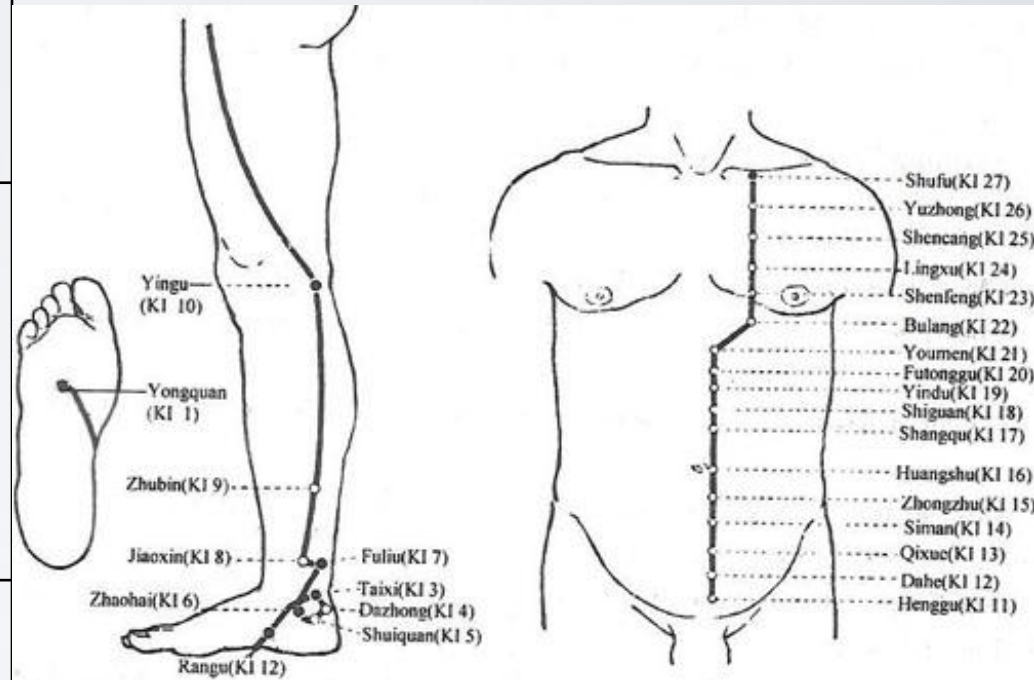
# The Spleen Meridian

<b>Element</b>	Earth Element
<b>Yin or Yang</b>	Greater yin (Taiyin)
<b>Paired with</b>	Stomach Meridian (yang)
<b>Dominant period</b>	9:00 am to 11:00 am
<b>Major associations in physical body</b>	Spleen, pancreas, blood, lymphatic fluids
<b>Physical symptoms of imbalanced meridian</b>	Insufficient lymphatic drainage, digestive disorders, tooth illness, skin diseases, sinusitis, hepatitis, loss of appetite, bleeding disorders
<b>Psychological association</b>	Pondering over problems, obsession with thoughts
<b>Negative emotions</b>	Fear of the future
<b>Affirmative emotions</b>	<ul style="list-style-type: none"> <li>• I believe and trust in my future</li> <li>• I am safe</li> <li>• My future is safe</li> </ul>



# The Kidney Meridian

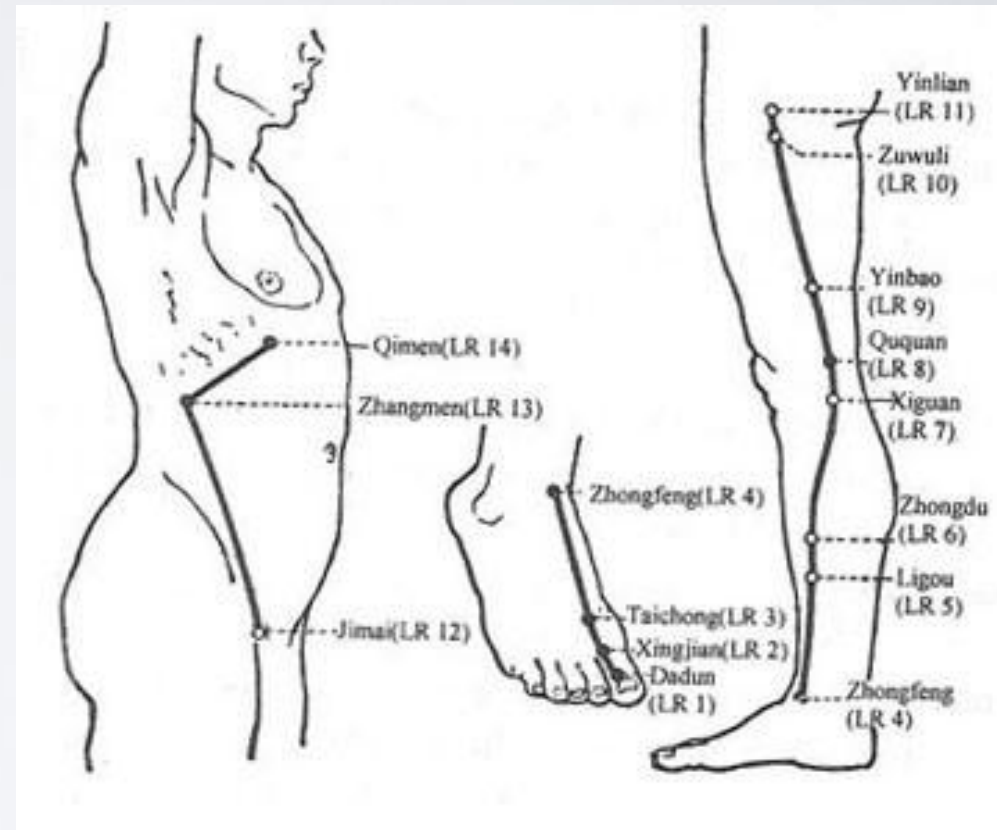
<b>Element</b>	Water Element
<b>Yin or Yang</b>	Lesser yin (Shaoyin)
<b>Paired with</b>	Bladder Meridian (yang)
<b>Dominant period</b>	5:00 pm to 7:00 pm
<b>Major associations in physical body</b>	Kidney
<b>Physical symptoms of imbalanced meridian</b>	Lower spine problems, weak bones, loss of memory, prostate problems, reproductive disorders, kidney stones, swelling, diarrhea, constipation.
<b>Psychological association</b>	Willfulness and stubbornness, sexual confidence
<b>Negative emotions</b>	Sexual indecisiveness
<b>Affirmative emotions</b>	<ul style="list-style-type: none"> <li>• I am sexually safe</li> <li>• My sexual forces are balanced</li> </ul>





# The Liver Meridian

<b>Element</b>	Wood Element
<b>Yin or Yang</b>	Absolute yin (Jueyin)
<b>Paired with</b>	Gall Bladder Meridian (yang)
<b>Dominant period</b>	1:00 am to 3:00 am
<b>Major associations in physical body</b>	Liver, eyes, metabolic functions, immune system
<b>Physical symptoms of imbalanced meridian</b>	Sinusitis, tooth illnesses, periodontis, diseases of the gallbladder and bile ducts, issues in the liver and genital systems. Dizziness, high blood pressure, nausea, eye problems,
<b>Psychological association</b>	Affected by grief, sorrow and taking offence.
<b>Negative emotions</b>	Unhappiness, moodiness, anger
<b>Affirmative emotions</b>	<ul style="list-style-type: none"> <li>• I am happy</li> <li>• I am lucky</li> <li>• I am merry</li> </ul>



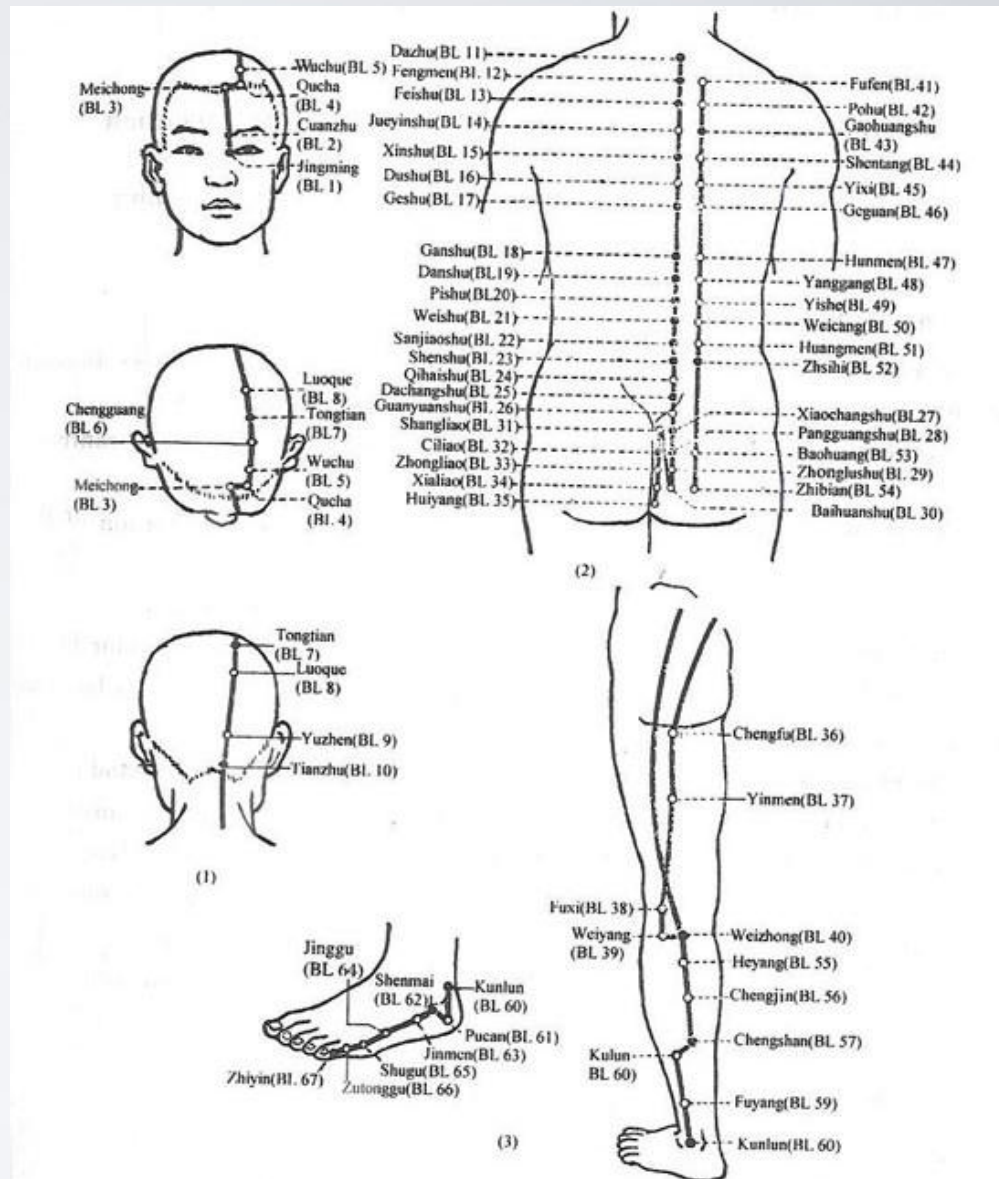
# The Gallbladder Meridian

<b>Element</b>	Wood Element
<b>Yin or Yang</b>	Lesser yang (Shaoyang)
<b>Paired with</b>	Liver Meridian (yin)
<b>Dominant period</b>	11:00 pm to 1:00 am
<b>Major associations in physical body</b>	Gallbladder
<b>Physical symptoms of imbalanced meridian</b>	Mouth ulcers, tooth illnesses, tonsillitis, pulmonary & bronchial illnesses, eye problems, liver issues such as jaundice bitterness in the mouth and nausea.
<b>Psychological association</b>	Connected to rage and anger
<b>Negative emotions</b>	Feeling angry, irritated and hot-tempered. Rage
<b>Affirmative emotions</b>	<ul style="list-style-type: none"> <li>• I am full of loving care for others</li> <li>• I am forgiving</li> </ul>



# The Bladder Meridian

<b>Element</b>	Water Element
<b>Yin or Yang</b>	Greater yang (Taiyang)
<b>Paired with</b>	Kidney Meridian (yin)
<b>Dominant period</b>	3:00 pm to 5:00 pm
<b>Major associations in physical body</b>	Bladder
<b>Physical symptoms of imbalanced meridian</b>	Eye diseases, problems with the spine, ear problems, headaches, sexual organ dysfunctions, sinusitis, problems in the bladder, urinary disorders.
<b>Psychological association</b>	Resisting change and basic negative attitude
<b>Negative emotions</b>	Restlessness, impatience, frustration
<b>Affirmative emotions</b>	<ul style="list-style-type: none"> <li>• I am peaceful</li> <li>• I am balanced</li> <li>• I found my equilibrium</li> </ul>



# The Stomach Meridian

<b>Element</b>	Earth Element
<b>Yin or Yang</b>	Yang brightness (Yangming)
<b>Paired with</b>	Spleen Meridian (yin)
<b>Dominant period</b>	7:00 am to 9:00 am
<b>Major associations in physical body</b>	Stomach
<b>Physical symptoms of imbalanced meridian</b>	Gastric disturbances, stomachaches, nausea, vomiting, thirst, edema, sinusitis, tooth illnesses,
<b>Psychological association</b>	Annoyance
<b>Negative emotions</b>	Disgust, disappointment, bitterness, greed, emptiness, privation
<b>Affirmative emotions</b>	<ul style="list-style-type: none"> <li>• I am content</li> <li>• I am calm</li> </ul>

