

## MERIDIAN RELATED EMOTIONS

<b>MERIDIAN</b>	<b>POSITIVE EMOTIONS</b>	<b>NEGATIVE EMOTIONS</b>
Governing	Honest, trusting, resilient	Embarrassment, dishonesty, distrust, burdened.
Central	Centred, secure, balanced, connected, confident.	Overwhelmed, shyness, shame, confusion disconnectedness.
Lung	Tolerance, clear thinking, confident, connected.	Intolerance, grief, anxiety, clouded judgement, sadness, detachment
Pericardium	Renunciation of the past, generosity, relaxation, joy, love, self-acceptance, self-expression.	Jealousy, sexual tension, regret, remorse. Lack of self, abandonment of self, closed off to others.
Heart	Love, forgiveness, joy, peace, contentment, insight, wisdom, orderliness, forgiveness.	Anger, hate, guilt, shock, nervousness, longing, craving, over-excited.
Liver	Happiness, acceptance, new ideas, planning, faith, strength, protection, memory, growth, hope.	Unhappiness, rage, anger, resentment, frustration, irritability, bitterness.
Gall Bladder	Love, secure, proud, resilient	Rage, anger, helplessness, judgement
Stomach	Contentment, elation, happiness.	Disappointment, disgust, greed, anxiety, sadness.
Large Intestine	Self-worth, self-acceptance, happiness, acceptance of others.	Guilt, low self esteem, blaming others, depression, sadness.
Triple Heater	Lightness, joy, self-reliant.	Heaviness, depression, despair, despondence, hopelessness, solitude.
Small Intestine	Joy, appreciated, confident, decisive.	Sorrow, sadness, unappreciated, nervousness, discouragement, indecisiveness.
Bladder	Peace, harmony, confidence, patience, easy going.	Restlessness, impatience, fear, red, panic, terror, frustration.
Spleen	Faith in the future, trust, honestly, openness, acceptance, balance, impartiality.	Anxiety about the future, worry, excessive thinking, obsessiveness, remorse, regret, self-doubt.
Kidney	Feeling safe, sexual security, confident, grounded, calm.	Fear, sexual indecision, recklessness, carelessness, anxiety, phobias, paranoia.