



Meridian Emotions & Balancers

Meridian	Emotion	Balancer
Central	Vulnerability	Strength
Governing	Confusion	Grounded, Clear
Bladder	Anxiety	Containment
Gallbladder	Frustration	Sanctification
Heart	Heartache	Dominion
Kidney	Fear	Aligned Will
Large Intestine	Holding On	Release
Liver	Anger	Perspective
Lung	Grief	Receptivity
Spleen	Sadness	Transformation
Stomach	Worry	Integration
Pericardium	Panic	Connection
Small Intestine	Indecision	Discernment
Triple Warmer	Safety, Pleasing Others	Blessing