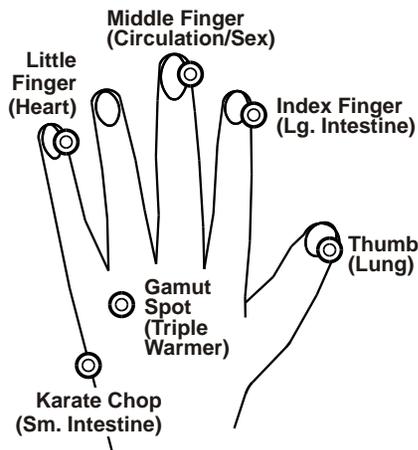
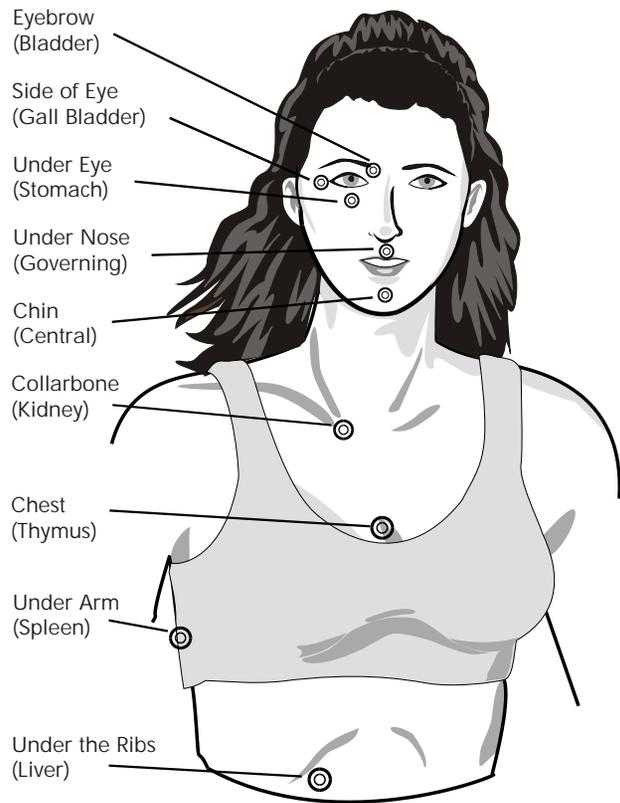


BALANCE YOUR MERIDIANS AND MAINTAIN EMOTIONAL HEALTH



MERIDIAN MAINTENANCE EXERCISE

Repeat each affirmation 3X, taking deep breaths in between, while tapping on the meridian point. You can add “Right now, I deeply and completely accept myself, and,” before each affirmation for increased effectiveness.

TAP ON:

AFFIRMATION:

Chest (Thymus)

I have love, faith, trust, gratitude, and courage.

Eyebrow (Bladder)

I am in harmony, I am in peace.

Side of Eye (Gall Bladder)

I reach out with love.

Under Eye (Stomach)

I am content, I am tranquil.

Under Nose (Governing)

I am standing tall and overcoming any problem.

Chin (Central)

I am clear, centered and secure.

Collarbone (Kidney)

My sexual energies are balanced.

Under Arm (Spleen)

I have faith and confidence in my future.

Rib (Liver)

I am happy, I have good fortune, I am cheerful.

Thumb (Lung)

I am humble, I am tolerant, I am modest.

Index Finger (L Intestine)

I am basically clean and good. I am worthy of being loved.

Middle Finger (Cir/Sex)

I renounce the past. I am generous. I am relaxed.

Little Finger (Heart)

I have forgiveness in my heart.

KC Point (Sm Intestine)

I am jumping with joy.

Gamut (Triple Warmer)

I am safe. I am light & buoyant.

Chest (Thymus)

I have love, faith, trust, gratitude, and courage.