

### Meridians with Related Emotions

Meridian	Test and Treatment Point	Negative Emotions
Bladder (BL)	Inside end of eyebrow (eb)	Trauma, frustration, fear, impatience, restlessness
Gall Bladder (GB)	Outside orbit of eye socket (oe)	Rage, loss of power, fury, wrath
Stomach (ST)	With the eye looking straight ahead, directly below the pupil on the infraorbital ridge (e)	Anxiety, fear, phobia, hunger, deprivation, disgust, bitterness, disappointment, greed
Governor Vessel (GV)	Under nose (un)	Powerlessness, embarrassment, hopelessness
Conception (Central) Vessel (CV)	Under lip (ul)	Shame, defectiveness, worthlessness, undeserving
Spleen (Pancreas) (SP)	One palm width under armpit (ua)	Future anxiety, worry, addictive urges
Liver (LR)	Rib below center of breast (r)	Anger, lack of joy, resentment
Lung (LU)	Inside corner of base of thumbnail (t)	Grief, intolerance, scorn, prejudice, disdain, criticalness
Large Intestine (LI)	Inside corner of base of index fingernail (if)	Guilt, cannot let negatives go, self-punitiveness
Pericardium (Circulation-Sex) (PC)	Inside corner of base of middle fingernail (mf)	Jealousy, regret, sexual tension, stubbornness
Heart (HT)	Inside corner of base of little fingernail (lf)	Anger (specific person)
Small Intestine (SI)	Outer edge of hand, on crease formed when making fist (sh)	Vulnerability, sadness, sorrow
Kidney (KI)	Under the collarbone on either side of the sternum) (c)	Sexual or creative indecision, anxiety, extra-punitiveness, lack of possibilities
Triple Energizer/ Thyroid/ Triple Warmer (TE)	Back of the hand between metacarpal bones of two smallest fingers (bh) ("gamut spot")	Depression, despair, sadness, grief, hopelessness, loneliness, despondency. Also, physical pain