

Meridian	Organs	Negative Emotional States	Positive Emotional States
Lung	Lungs	Disdain, scorn, contempt, haughtiness, false pride, intolerance, prejudice	Humility, tolerance, modesty
Liver	Liver	Unhappiness	Happiness, cheer
Gall Bladder	Gall Bladder	Rage, fury, wrath	Reaching out with love & forgiveness, adoration
Spleen	Spleen, Pancreas	Realistic anxieties about the future	Faith & confidence about the future, security
Kidneys	Kidneys, Eyes, Ears	Sexual indecision	Sexual assuredness
Large Intestine	Colon, Rectum, Appendix	Guilt	Self-worth
Circulation-Sex	Adrenals, Reproductive Glands	Regret, remorse, jealousy, sexual tension, stubbornness	Renunciation of the past, relaxation, generosity, abjuration
Heart	Heart	Anger	Love, forgiveness
Stomach	Stomach, Sinuses	Disgust, disappointment, bitterness, greed, emptiness, deprivation, nausea, hunger	Contentment, tranquility
Triple Warmer	Thyroid	Depression, despair, hopelessness, grief, despondency, loneliness, solitude	Hope, lightness, buoyancy, elation
Small Intestine	Duodenum, Small Intestine	Sadness, sorrow	Joy
Bladder	Bladder, Urethra	Restlessness, impatience, frustration	Peace, harmony