

## Summary of a Creative Healing Process From the Inside Out

I am That which created light / Therefore, I am the light  
I am light which created vibration / Therefore, I am the vibration  
I am the stillness within the vibration / Therefore, I am the stillness  
I am aware of That which is creation / Therefore, I am awareness  
I am aware of the Silent Being / Therefore, I am silence  
I know all That is unknowable / Therefore, I am and I am not  
All that is and is not / Therefore I AM

Blessings in Love and Light

Here is a brief description of various aspects of the structures and workings of the mind and body. Included are discussions of our conscious and subconsciousness. Four phases of healing from injuries, hemostasis, defensive inflammatory, proliferative and maturation phases. Twelve phases of emotional healing, helplessness and emotional pain, polarities and rhythms, stuck in a perspective, reclaiming power, merging with suffering, preparing for resolution, resolution, emptiness, light behind form, ascent, descent, and community. Emotions and meridians that can be affected by them. The meridian systems, lung, heart small intestine, spleen and pancreas, stomach, kidney bladder, liver, gall bladder and the sympathetic and parasympathetic nervous systems and states of brainwave activity.

These are noted, as each function, system, and structure are addressed in the healing process. When each system functions in healthy balance with each other in all likelihood we are in a healthy state. We require all parts working as one in harmony with each other to experience optimum health. If one's emotional state is in need of attention all other aspects are also in need.

My experience as a healer has taught me that emotional healing has the most profound lasting healing effect on all other parts of the body and mind. Once this part is truly healthy the rest falls into place seemingly without much effort. We are also able to manage other aspects of our own healing once this is in place. For example, once emotional healing is acquired, and if we injure ourselves or experience loss, we know beyond knowing the one aspect of who we are is unchanging.

I invite you to participate in an emotional healing process if you would like to benefit from the experience of a profound healing that incorporates all the above without elimination any of the natural process our body, mind, consciousness. It's designed to perform for our expansion and higher good for ourselves, our families 7 generations past and forward, our communities, our friends, the world, universe and finally Your Self. Should you choose to listen only that's perfect as well, I would just ask that you not use the chat option while the healing is in progress.

## **Core Transformation:**

We enter into this knowing that healing is a process, the healer and the person being healed benefit equally. We also go in with the realization we are one, complete and creative as we are. Beings whose identity believes if they are fixed, they'll be better and more deserving of that which they desire in the future. We are an energetic structure that creates.

Preparation, including invocation of My Guides assisting from the highest realms of the highest realms. And (Lisa's protective structure is put in place.)

Guides are providing any information required for the healing of -----  
for their highest good and success in his/her desires within a creative structure and the condition that created the circumstance of this be removed and cleared from all levels and layers of their Being now and through all time and so be it.

This process will guide you to elimination of all negative emotions.

Please give express permission allow me (Sally MacKinnon) to access your core consciousness (this is where we all meet as in Oneness).

Practitioner guides the client to recognizing they don't have to fix themselves to have what they desire but can have everything just by getting into a new creative structure. Nothing needs change about self to realize their desires.

I will walk you through relaxing process with light and unconditional love from the top of the head to the bottom of the feet.

Client identifies what their goal is. This can be done out loud or to yourself.

Close your eyes, and go to the very first negative emotion you can remember,

Notice where you placed the emotion where it sits in your body

This negative emotion is now being surrounded by white universal light

Look at the emotion with love and appreciation for yourself for having the natural instinct of placing it in exactly the right place, thank the emotion and I thank the emotion,

Now ask the emotion for any knowledge or wisdom it would like to impart to you and allow the emotion to remain with you as that wisdom and knowledge.

Now take a deep breath and notice if there's another negative emotion, this could be anything at all that your identity put in place that prevents you from achieving your deepest creative desires. Invite that emotion in, notice the knowledge and wisdom that shares with you.

Notice any other negative emotion that arose from that initial emotion and how that's impacted your life, how you've made choices based on that. Give love and kindness to your self and the emotions invite them all back to the central core emotion. Now with love and gratitude to yourself for having the genius to create this for your protection at the time.

Now sound love to the emotions as your core consciousness recognizes and transforms what used to be tension to knowledge and wisdom.

Core consciousness please align and the body's Meridian systems only as quickly as each is able to tolerate. And please allow the removal of any and all toxins from all levels and layers of being now and through all time and so be it.

Core consciousness please encourage each individual to commit to the subconsciousness the knowledge that I create the life I have in love in health I have a vital body I am the predominant creative force in my live as my true nature is to create and love.

### **A Creative Healing Process That Will Now Release and Support States of Consciousness, Phases of healing injuries/Disease, Phases of emotional healing, States of Brainwave Activity**

We have been led to believe that the universe is a great machine, in truth it's a great thought / illusion. We are creating this world with our mental activity; our thoughts manifest this world. Quantum physics have established that consciousness is the mechanism of the creativity we experience and is now beginning to connect the Spiritual realm to the physical realm, changing the world in the sense of awareness. We're creating this world with mind consciousness and spirituality combined. The field or fabric of space is the sole governing agency of the particle (material) brought into existence by our thoughts using knowledge that everything is energy within this field and all knowledge exists within this realm rendering the universe immaterial, of the world.

If thoughts are creative who is creating thought, if it's me then I'm creating the world, if something goes wrong, then am I a victim of the universe that isn't giving me what I want? Or am I a victim of the two minds functioning at the same time the consciousness mind and the subconsciousness mind?

So, what's the difference? the conscious mind is where we exist as spirit a creative entity perceiving the world in our beautiful form. When in our conscious mind we are connecting our spirituality with our biology in the physical world and creative mind in awareness. This is where we wake up to our spirit and creativity.

The subconscious mind is programmed through time beginning prior to birth, with habits, behaviours, learned structures, perceptions of who we are, ideas, values governing our behaviour. These programs are put in place by parents, religion,

teachers, eventually incorporating cultural, societal subconsciousness of collective consciousness and agreements. Eventually supported by ourselves. It is not the creative part of who we are.

Science has recognized that we are thinking 95% of the day, because we are thinking our behaviour is being controlled by the programs being played by our subconsciousness mind. We are not operating from the conscious mind but functioning in the subconsciousness mind. When functioning from a subconsciousness level we don't realize we're existing from a preprogrammed structure.

What are the programs? if that which our hearts desire, appears without effort is an indication we have a program supporting that. Equally, if we struggle to make what we want happen or have to work hard to achieve or get what is wanted, we have a program supporting that conclusion. They are internal structures programmed into the subconscious as the go to behaviour. When things aren't working as we want in the consciousness realm, we become distressed or dis-eased without knowing why. Look within, notice if there's something seemingly out of reach, notice if it's an invisible program in your subconsciousness. No matter what knowledge we have, if it isn't in our subconscious we will remain in the same structure with undesirable states and outcomes, nothing will change. Science tells us that 70% or more of the subconsciousness programming is disempowering, self sabotaging, limiting our behaviours. Our visible consequence further reinforces the existing programs. Being aware that our internal programs aren't the universe conspiring to keep us in this undesirable state is the first step in restructuring.

When we take knowledge from our consciousness mind and put it into our subconsciousness mind our outcomes are transformed. If 95% of the day can be spent without having to think about fulfilling our desires they'll occur automatically, our mind will take us in that direction.

What if we simply staying in the conscious mind, what if we stayed in the present, what if we bypassed the subconsciousness programming. How can we find an alternative to behaving from the program we didn't create? How do we to reset the existing programming? Meditation has proven a valuable option, remaining in theta state is an option, is it realistic to think we can remain in that state and still function in our day to day lives? Learning mindfulness is an option, being aware when we slip into the programming then bringing ourselves back to our conscious present moment. Knowing that we cannot be happy tomorrow or yesterday, that the only opportunity for happiness, joy, Bliss exists only in this moment.

If I'm elsewhere, then I'm being run by my program. If while reading this and thinking about something else you are being run by your program. However, while reading or listening to this from a conscious state it will seem it's the first time you've ever heard it. Whenever you find yourself leaving your conscious mind, gently without judgement bring yourself back to the present moment and the invitation to joy.

By our very nature and what we desire more than anything is to love and create. When our focus remains on that all the opposing elements now simply fall away, naturally. Abundance is a state of being, no-thing can take that away, it is a state of being with the awareness that we need nothing, we are complete in all ways. What is focused on determines our experience and what we focus on grows, whatever we give our power of thought to expands.

**Phases of healing injury disease:** We maintain health and heal by making new cells that require a voltage of -50 mV. Normal healthy tissue runs at -25mV. If injury occurs it's accompanied by redness and swelling it has gone to -50mV. This is necessary to generate the new cells needed to replace the damaged ones. Blood vessels dilate and deposit components (proteins, carbohydrates, fats, vitamins, minerals etc.) necessary to heal. -50mV to have the energy to turn these materials into new cell. Once the cells are replaced the cells go back to -25mV. If our voltage drops to -10 or we run out of we become stuck in chronic pain and disease. Cancer occurs at +30 mV. Chronic disease is always defined by having low voltage therefore we cannot cure without inserting enough electrons to achieve -50mV, raw materials and lack of toxins. Once we understand chronic disease and healing are controlled by voltage, nutrition, elimination of toxins and emotional distress we enable healing. Healing process can be expediated by adding voltage and other necessary components however the phases of healing remain the same.

**4 Phases of healing injuries** The body is a complex machine, the process of healing is an example of how our body systems, work together to repair. When we are in disease, our body sets into motion an automatic series of events, often referred to as the "cascade of healing," it's divided into four overlapping phases: Hemostasis, Inflammatory, Proliferative, and Maturation.

**Phase 1: Hemostasis Phase** When injured hemostasis begins with the objective to stop the bleeding, the body activates its repair system with blood clotting system, forming a barrier to block the drainage known as coagulation. Platelets come into contact with collagen, resulting in activation and aggregation. An enzyme called thrombin is at the center, initiating the formation of a fibrin mesh, which strengthens the platelet clumps into a stable clot. Deep red granulation tissue fills the wound bed with connective tissue, and new blood vessels are formed. During contraction, the wound margins contract and pull toward the center of the wound

**Phase 2: Defensive/Inflammatory Phase** In the second phase, called the Defensive/Inflammatory process, the focus is on destroying bacteria and removing debris—essentially preparing the wound bed for the growth of new tissue. A type of white blood cells called neutrophils enter the wound to destroy bacteria and remove debris. Reaching the peak population between 24- and 48-hours following injury then reducing greatly in number after three days. As the white blood cells leave, specialized cells called macrophages arrive to continue clearing debris. These cells also secrete growth factors and proteins that attract immune system cells to the wound to facilitate

tissue repair. This phase often lasts four to six days and is often associated with edema, erythema (reddening of the skin), heat and pain.

**Phase 3: Proliferative Phase** Once cleared the wound begins the Proliferative Phase, where the focus is to fill and cover the wound featuring three distinct stages: 1) filling the wound; 2) contraction of the wound margins; and 3) covering the wound (epithelialization). In the third stage, epithelial cells arise from the wound bed or margins and begin to migrate across the wound bed in leapfrog fashion until the wound is covered with epithelium. The Proliferative phase often lasts anywhere from four to 24 days.

**Phase 4: Maturation Phase (the tissue is back to -25 mV** During the Maturation phase, the new tissue slowly gains strength and flexibility. Here, collagen fibers reorganize, the tissue remodels and matures and there is an overall increase in tensile strength (maximum strength is limited to 80% of pre-injured strength). This phase varies greatly from depending on the wound, and may last anywhere from 21 days to two years.

The healing process is a complex process, however susceptible to interruption depending on local and systemic factors, including moisture, infection, and maceration (local); and age, nutritional status, body type (systemic) I would venture to say belief systems, emotional states environmental considerations as well as social determinants of health. When the right healing environment is established, the body works in wondrous ways to heal and replace devitalized tissue.

However, although the healing phases will remain, this entire process can be dramatically expediated with the introduction of voltage, sound frequencies, correct nutrition and elimination of toxins delivered in a stable consistent manor. To an onlooker or the one receiving this may appear as spontaneous healing or a miraculous recovery.

### ***Phases of emotional Healing***

*Emotional healing is truly the only form of healing that is necessary, we have many names for emotional healing and for emotional healers. For this purpose of will refer to as psychotherapy. Only the mind can be sick and only the mind can be and is need of healing. This does not appear to be the case as the manifestations of sickness in this world seem real. As we have seen in phases of healing and through its very creation our bodies have a built-in mechanism for healing itself and is delivered perfectly capable. Psychotherapy becomes necessary as an individual begins to question their reality established and imposed on by thousands of years of perceptions and illusions thought of as reality becoming subconscious structures. Sometimes we are able to open our minds without help, but even then, there is always some change in perception of interpersonal relationships that enables us to maintain the status of our illusions. Sometimes there's a need for a more structured and extension in a relationship with a trained individual. Either way the patient must be helped to change their mind about the*

*reality of these long-standing illusions and enable healing. Within the various phases of emotional healing come states of consciousness.*

*Feelings of helplessness being overwhelmed in emotional pain*

*An inner rhythm, and being stuck in emotional behaviour*

*Wanting to move ahead but can't or don't now how.*

*Taking back your power.*

*Welcome all parts and experiences*

*It is OK to let go*

*Releasing what no longer serves the higher good*

*Experiencing the fullness of feeling emptiness*

*Experience an energetic connection with the world.*

*Direct experience of I am One.*

*Illuminate all experiences.*

*Give freely your gifts and receive freely the gifts of others.*

### **Phase 1**

*Feeling helplessness in emotional pain.*

We are trained at an early age to avoid emotional suffering. Being taught to ignore, dishonor, denying or alienate and suppress our direct hurt experience therefore our authentic self. Emotional pain is part of our human condition and it feels like, something is really wrong. Feeling like I am going to die with pain. There is no way out. Nothing works. We are conditioned to avoid suffering which makes it even more intense, often showing up uninvited, at inopportune times. Our suffering comes from having isolated certain aspects of ourselves, compartmentalisation such as personality traits, diseased parts, painful memories, or unresolved childhood issues away from the rest of our body and mind. Suffering arises as a result of the aspects of ourselves being ignored or denied. We may feel fear, shame, guilt, repressed, angry, resentful.

### **Stage 2: Polarities and Rhythms**

*There is a rhythm within me, and I am within this rhythm.*

In stage two we recognize that the repressed aspects of ourselves that have a life of their own. They are frozen in time and are out of touch with our current reality. These individual parts have separated away from the whole of who we are. We have not yet claimed our inner power and we look to outside authority figures to support our healing. Therapeutic intervention is often needed in this stage. Normative counselling and traditional medical treatments are helpful as we seek to gather inspiration and empowerment from outside of ourselves. As progress is experienced, we notice there

are rhythms and patterns to our suffering, and we see that we participate in it. We start to notice, "I have gone through this before. This is a pattern."

### **Stage 3: Stuck in a Perspective**

*I want to move ahead but I can't.*

Much of being stuck is automatic our nervous system gets locked into old defense patterns, which traps us into a fixed perspective about life ourselves, patterns of behaviour and beliefs about life. We recognize that emotional trauma is still the cause of our current problems. We endeavour to heal however feel unable as we can't or don't know how to release the stuck emotions. We gather a sense of awareness that we are creating our troubles by staying stuck in an old perspective. In this stage there is the realization we are stuck in a perspective, although we may not yet know what that perspective is.

### **Stage 4: Reclaiming Power**

*I take my power back.*

In Stage 4 we proclaim, "I am not going to take this anymore!" We have been disconnected from wholeness for too long, and we no longer wish to remain this way. Key phrases are wanting to regain power, recognizing our worth as I deserve more and I honouring who I Am.

### **The Bifurcation Point**

At this stage of our emotional healing, we choose a path.

1. Continue separating ourselves from suffering by actively rejecting the source of our suffering. Change our situation by leaving a relationship, quitting our job, or sell our house. Taking yet another course, reading another self-help book, we attempt everything possible to remove ourselves from our distress.
2. Or we recognize we cannot continue hurting ourselves or others by continuing in this manor and own responsibility for our emotional pain. This is truly the beginning of healing from emotional dis-ease, pain and suffering.

At the beginning we feel emotional distress, anxious, irritable, angry or fearful, without knowing why. We are aware of being stuck and remain so as we haven't released the emotions raveling our nervous system and patterns remain until we physically release the stuck energy and reclaim our power. We still feel too separated from our Self, as we may not have made the full commitment to our sense of worth or committed this knowingness of deserving more to our subconscious.

We realize that we must take full responsibility to our authentic self/inner essence in some way. We say I have to change emotionally however realize we know not what to do. In seeking reprieve, we often go from one healing modality to another to another and maybe another. Until finally trusting change will arrive when our spirit, mind emotions and body is healed enough recognize change.

As achievements are experienced on an emotional level a deep self-respect emerges. The statement, I am worthy, is now expressed without angry, blame, or fear allowing moving forward to be welcomed with a sense of contentment.

### **Stage 5: Merging with Suffering**

*I welcome all my parts and experiences.*

This involves merging with the illusions, fears, emotional pain, and concerns behind our suffering. We confront every aspect within from a place of strength, and a sincere intention for healing. With accepting and integrating that which we alienated, disliked, or ignored are welcomed into our being in its entirety. A Merger, and becoming intimate with our negative emotions is generally not supported or practiced in Western culture. Integrated healing requires revisiting as apposed to reliving the places where we initiated our suffering and experiencing the merging process with the loving presence we didn't realize as being who we are in the past.

Merging with suffering may not be encouraged by symptom-oriented healthcare practitioners or traditional practitioners, teaching moving away from suffering and toward restoring order through other means such as drugs, surgery, behaviour modification, body manipulation, and psychoanalysis. Their may not have been the learning that separation from our self, love and light or our dark will produce suffering.

### **Stage 6: Preparing for Resolution**

*It is OK to let go.*

This is an action and transformative stage as we become more willing to release stuck or hidden emotions, perspectives, memories, habits, energies, and patterns. These energies of our being are no longer necessary to adapt to our new sense of self and must be released.

At the discretion of our innermost wisdom the emotional release will occur and when our nervous system becomes free of interference. Due to the plasticity of our minds, they become increasingly pliable able to create new neuro pathways facilitating major and lasting change. We now have the ability to be present with our emotions.

### **Stage 7: Resolution**

*I release that which no longer serves me.*

The buildup of long-held emotional tension results in a physical discharge or cleansing. The discharge may involve the release of trapped energy, repressed or ignored information, or toxins on physical, emotional, mental, and spiritual levels. This process is often overlooked however a key component to healing. We might cry, throw up, sneeze, laugh uncontrollably, become sick with more frequent visits to the washroom, or may experience fever. Discharge refers to the release of energy or tension. Donald M. Epstein shares, " I have found that healing involves a resolution of dissonant rhythms and the release of trapped energy. Resolution occurs through discharge. Any aspect of our Self no longer working for our highest good will be discharged by our innate

intelligence. The spirit mind and body may want to eliminate that which no longer serves its higher good.

### **Stage 8: Emptiness**

*I experience the fullness of my emptiness.*

Feeling emptiness may be experienced as uncomfortable, however it sets the stage for deeper spiritual exploration leading to higher states of consciousness and Self awareness. We are without our usual roadmap (mind map) we may feel vulnerable knowing not what to do. This is the perfect time to do nothing, time to quietly allow the newness, with the same love, respect, compassion, and joy we welcome our new journey as you would a newborn baby into the world now.

### **Stage 9: Light Behind Form**

*"I experience my energetic connection with the world."*

With our new and expanding perception we begin to perceive our innate spiritual light behind all forms. We are in a state of gratitude as we allow continued clearing. With this we are met with the realization we are much more than physical sensations but a force of creative intelligence, flowing through us from all directions, loving us without conditions, imparting their ancient knowledge that we are part of a larger energetic reality with physical form. With the transition to a new reality, we experience the warm light and vital spiritual energy. For some, the experience is feels like a wave or pulsation moving through the body.

In stage 10, rather than the universal intelligence expressing itself through us, we become one with this intelligence.

Because we have spent most of our life being trapped in patterns of "alienated wholeness" or "non-accessible wholeness" we finally meet the unrecognized wholeness of our being.

### **Stage 10: Ascent**

*I am One.*

We become connected to the field of Universal Consciousness, and we are open to the knowledge, wisdom and inspiration this field contains. We are no longer limited to our perception of our normal thinking self. Our Self now includes other realms of possibility connected to the field of Universal Consciousness.

### **Stage 11: Descent**

*I illuminate all my experiences.*

We descent into our everyday lives with new spiritual perspectives, more energy, and greater understanding. We engage in our human relationships, earn a living, cook meals and take out the garbage while staying connected to Source. This stage will enable us to sustain gratitude and remain in spirit and life while we perform our daily activities. To the degree that we exist and function from the truth of Self and to our

natural internal rhythms, we can serve as powerful agents for healing and service in the world.

## **Stage 12: Community**

*I give my gifts and receive the gifts of others.*

I Am Consciousness Being Re-Established, Re-New and Ever-Expanding Self, effortlessly moving us into all relationships be it Self, Soul, Spirit, Humans, Animals, Plants, Manels, Insects, Environment, Universe and All that is, without attachment.

We are filled with love, light, intelligence, and Godness, our ultimate healing is with our active participation in human life. We maintain loving communion with our emotions, wounds, blessings, and sorrows. We fulfill our daily living tasks in life with the Holy Knowingness and joy that we are one.

We emerge to a true community when we help each other emotionally heal and give our gifts freely with all the wisdom, we have gained in our emotional healing journey.

## **States of Brainwaves Activity**

**Gamma** when you're deeply immersed in a complex project or fascinated by a lecture from a noted expert. You're alert, highly focused, on the edge of your seat, your brain is firing on all cylinders. When this happens, your brain is producing gamma waves. They are the fastest brain wave, measuring about 35 Hz and oscillate as fast as 100 Hz. They can be difficult to measure with existing technology and in future researchers hope to acquire more information about how they work.

**Beta** It is well known that the brain is an electrochemical organ and fully functioning can generate as much as 10 watts of electrical power. Even though limited, it occurs in specific ways characteristic of the human brain. Electrical activity emanating from the brain is displayed in the form of brainwaves. There are four categories of brainwaves, ranging from the most activity to the least activity. Beta waves are generated when the brain is aroused and actively engaged in mental activities. These are of relatively low amplitude, are one of the fastest of the different brainwaves with a frequency ranges from 15 to 40 cycles a second. Beta waves are characteristics of a strongly engaged mind, a person in active conversation, a debater, one making a speech, a teacher would all be in beta when engaged in their work.

**Alpha** The next brainwave category in order of frequency is alpha and represents non-arousal. These waves are slower, and higher in amplitude with a frequency range from 9 to 14 cycles per second. A person at rest is often in an alpha state. A person in reflection following meditation, walking in the forest or garden is usually in an alpha state.

**Theta** The next state, theta brainwaves, are typically of even greater amplitude and slower frequency. This frequency range is normally between 5 and 8 cycles a second. A person daydreaming is often in this state. Someone driving on a freeway, and can't recall the last five miles, is in a theta state induced by the process of freeway driving. While theta and deeply relaxed we are prone to a flow of ideas. It is a state where tasks become so automatic that you can mentally disengage from them. The ideation that can take place during the theta state is often free flow and occurs without censorship. It is typically a very positive mental state, as during meditation.

**Delta** Here the brainwaves are of the greatest amplitude and slowest frequency. They typically center around a range of 1.5 to 4 cycles per second, deep dreamless sleep would take you down to the lowest frequency. Typically, 2 to 3 cycles a second. When we go to bed and read for a few minutes before attempting sleep, we are likely to be in low beta. When we put the book down, turn off the lights and close our eyes, our brainwaves will descend from beta, to alpha, to theta and finally, when we fall asleep, to delta. Humans dream in 90-minute cycles. When the delta brainwave frequencies increase into the frequency of theta brainwaves, active dreaming takes place and often becomes more experiential. When this occurs, there is rapid eye movement, which is characteristic of active dreaming. When an individual awakes from a deep sleep-in preparation for getting up, their brainwave frequencies will increase through the different specific stages of brainwave activity. That is, they will increase from delta to theta and to alpha and finally, when the alarm goes off, into beta. During this awakening cycle it is possible for individuals to stay in the theta state for an extended period of say, five to 15 minutes allowing free flow of ideas and can be an extremely productive period of very meaningful and creative mental activity.

The same brainwave states are common to the human species. Men, women and children of all ages experience the same characteristic brainwaves. They are consistent across cultures and country boundaries.

## **The Meridian systems**

I am listing the meridians systems however not go into details regarding the aspects of each. For healing purposes being aware of the functions and systems aids the healer and client in their path forward.

**Autonomic nervous system-Sympathetic** (fright and flight or quick response mobilizing system), **Parasympathetic** (rest and digest and feed and breed more slowly activated dampening system) Enteric- Mesh-like system that governs the function of the gastrointestinal track and capable of acting independently /

Lung Meridian / Heart Meridian / Small intestine Meridian / Spleen and Pancreas Meridian / Stomach Meridian / Kidney Meridian / Bladder Meridian / Liver Meridian / Gall

Bladder Meridian / each governing specific parts of the body including the muscular, skeletal nervous and endocrine systems.

Emotions and Meridians that can be affected by them

**Anger**-- Liver and gall bladder / **Fear**--Kidney and Bladder / **Worry**—Spleen, Pancreas and Stomach / **Sorrow**—Heart and Small Intestine / **Prolonged Grief**—Lung and Large Intestine / **Anxiety**—Sympathetic and Parasympathetic.

Nahija Tachamo, yet mi ha mo, chi chi ma teyamo ha ho hayaya