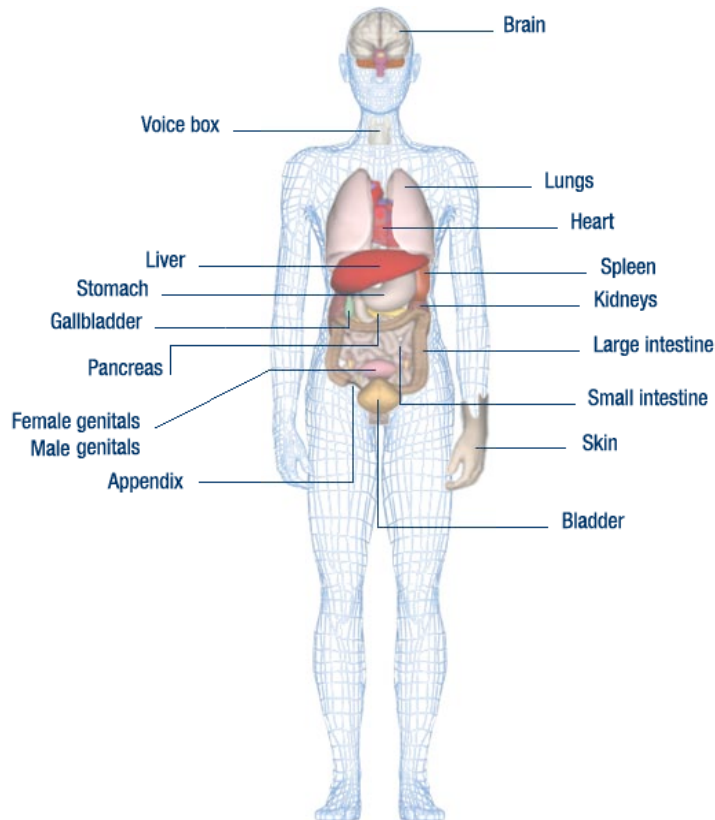


Where Emotions are Held in the Body



The **lungs and large intestine** hold emotions of grief, sadness, guilt, regret and depression. When released and healed this area will hold qualities of courage and righteousness.

The **kidneys and bladder** hold emotion of fear, anxiety, holding old beliefs, failure, shame and criticism. When released and healed they will hold the quality of gentleness.

The **liver and gall bladder** hold emotion of anger, frustration, resentment, wanting to control, inability to make decisions. When released and healed it will hold the quality of kindness.

The **heart** holds emotions of impatience, arrogance, and cruelty. When released and healed it will hold the qualities of joy, honor, and sincerity.

The **spleen, pancreas, and stomach** will hold emotion of worry, sympathy, over thinking, obsessions. When released and healed it will hold the quality of fairness.

Small intestine and heart hold stress, agitation, lack of joy, inability to receive love.

Thyroid, circulation and sexual hold lack or joy, lack of self worth, feeling of not being wanted.

Kidneys: Filter your blood by keeping water, pH and salt levels constant.

Bladder: To get rid of toxins, to regulate your blood sugar levels

Spleen: Cleaning your blood, destroying old red blood cells and fighting infection.

Pancreas: Secreting digestive enzymes and hormones that control blood sugar levels

Stomach: Storing & breaking food down and mixing it with juices secreted by stomach lining