

You need to say this affirmation to yourself with real meaning 20x last thing at night for 4 weeks.

LOW SEROTONIN (Bladder meridian)

Sequence -

I truly want to release my unconscious emotion of shame and humiliation and replace it with infinite power of love now and forever.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

LOW ACETYLCHOLINE (Gall bladder meridian)

Sequence -

I truly want to release my unconscious emotion of guilt and blame and replace it with infinite power of love now and forever.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

LOW GABA (Large Intestine meridian)

Sequence -

I truly want to release my unconscious emotion of despair and apathy and replace it with infinite power of love now and forever.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

LOW DOPAMINE (Conception vessel)

Sequence -

I truly want to release my unconscious emotion of grief and regret and replace it with infinite power of love now and forever.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

HIGH SEROTONIN (Kidney meridian)

Sequence -

I truly want to release my unconscious emotion of anxiety and fear and replace it with infinite power of love now and forever.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

HIGH DOPAMINE (Governing vessel)

Sequence -

I truly want to release my unconscious emotion of craving and desire and replace it with infinite power of love now and forever.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

HIGH GABA (Lung meridian)

Sequence -

I truly want to release my unconscious emotion of anger and hate and replace it with infinite power of love now and forever.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

HIGH ACETYLCHOLINE (Liver meridian)

Sequence -

I truly want to release my unconscious emotion of pride and scorn and replace it with infinite power of love now and forever.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30