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

I truly w	ant to re	elease m	der meri	dian) scious e	motion c	of shame	and hun	niliation	and repla	Sequence - ace it with infinite	
power o	of love n	ow and t	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.										
of love i					_	_	_	_	_		
	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.											
polici	1	2	3	4	5	6	7	8	9	10	
	11	12	13	14	15	16	, 17	18	19	20	
	21	22	23								
	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											
ot love i		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.											
I truly w	ant to re	elease m	y uncon:	lian) scious e	motion c	f anxiety	/ and fea	r and rep	olace it w		
I truly w	ant to re	elease m	y uncon:	lian) scious e 4	motion o	of anxiety	/ and fea 7	r and rep 8	olace it w		
I truly w	ant to re	elease m I forever	y uncon:	scious e						ith infinite power	
I truly w	rant to re now and 1	elease m I forever 2	y uncon: 3	scious e 4	5	6	7	8	9	rith infinite power 10	
I truly w of love i	vant to re now and 1 11 21 OPAMIN	elease m l forever 2 12 22 E (Gove	y uncons 3 13 23 rning ves	scious e 4 14 24 ssel)	5 15 25	6 16 26	7 17 27	8 18 28	9 19 29	nith infinite power 10 20 30 Sequence -	
I truly w of love I HIGH DO I truly w	rant to re now and 1 11 21 OPAMIN rant to re	elease m l forever 2 12 22 E (Gove	y uncons 3 13 23 rning ves	scious e 4 14 24 ssel)	5 15 25	6 16 26	7 17 27	8 18 28	9 19 29	rith infinite power 10 20 30	
I truly w of love I HIGH DO I truly w	rant to re now and 1 11 21 OPAMIN rant to re	elease m I forever 2 12 22 E (Gove elease m	y uncons 3 13 23 rning ves	scious e 4 14 24 ssel)	5 15 25	6 16 26	7 17 27	8 18 28	9 19 29	nith infinite power 10 20 30 Sequence -	
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