

JEMI Quick Reference Tool:

Meridians and their associated negative emotions

Meridian	Associated negative emotion
Stomach	Anxiety, pessimism, worry, stress, stinginess
Spleen	People pleasing; 'suffering martyr'; unable to assimilate knowledge and ideas; selfishness
Heart	Heartache; broken-heartedness; sadness; jealousy
Small Intestine	Confusion; indecision; 'divided'
Bladder	Scared; fearful of outside world; despair; cynicism
Kidney	Loneliness, toxic shame, traumatized, 'frozen'
Circulation-sex	Frustration; over-commitment; disconnected from self
Triple Warmer	Fight / flight / freeze; overwhelmed; primal fear
Gallbladder	Anger (at others); harsh judgment; criticism;
Liver	Beating myself up; guilt; can't accept or like the self; toxic shame; anger at the self
Lung	Profound sadness, grief; yearning; detachment from others; massive disappointment
Large intestine	Control-freak; can't let go, can't surrender to God, others

Remember that you're particularly interested in trying to spot a *repressed* emotion that may now be showing up as a physical issue.