

Acupuncture Atlas of Emotions

Road Map to the Inner Human Being

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INTRODUCTION

The body speaks the language of the inner human being. Everything you have experienced in your life is fixed in the structures that now determine the shape of your body. As a result, it is the complete book of your life up to now. The body does not 'speak' in events or in facts: it speaks in feelings and emotions and it possesses a whole array of possibilities to make those feelings known. No matter how much you want to hide the person that you really are,, it is written all over your face. Others, the people you are living with, already know who you are. They know your good side as well as your whims and peculiarities, your irritations and frustrations. They know exactly how you will react in a particular situation. They may not know the underlying facts, because you are still carrying secrets, but they know, even in advance, how you can suddenly become passionate, withdrawn, start explaining or apologizing when they touch the subject of your secret. You will make sure that you are an open book to whomever wants to read.

As a therapist you should be able to look beyond people's appearances, to work with the problem that lies behind the problem. Your own life and your own body are there to help you accomplish this. You will have to read your own life-book first. You will have to get to know your own outward attitude and behavior as well as what you are hiding behind it. You will have to learn how to make decisions based on your own knowledge. You will have to learn how to put words into action. The insight that you wish to give to someone else completely depends on the insight that your life has given to you. The clarity that you wish to give to someone else depends on the clarity that you give to yourself. The choice that you wish to present to someone else is the same choice that you need to make in your own life. The actions that someone else requires to get to the roots of his life or his problem are the same actions that you are required to do. Knowledge is essential. Knowledge without content is like a pitcher without water: you want to quench your thirst, but instead you become more thirsty by looking at the pitcher.

Every acupuncture point that is described in this book was studied closely, meridian by meridian and point by point. We have used muscle testing as it was discovered by George Goodheart, Jr., DC. John Diamond, MD has pointed out that a meridian, as well as an acupuncture point reacts to its specific significance. A point will test weak when you deny its negative significance, and it will test strong when you acknowledge its negative significance. The translation of the feeling of two acupuncture points comes from John Diamond, MD. The translation of the other points comes from

working with the human being as it is practiced within the Marcos Training & Education Team. I am a member of this team. At the identification of every point, we have challenged ourselves to perform the 'weak and strong test'. This weak or strong testing of an acupuncture point while acknowledging or denying its negative significance is a truly unique action, focused at that one point. Whenever you speak the truth, even if you are stating something extremely hurtful or contemptuous, the whole body will *always* react with strength. The body's and life's strength lie in honesty. If you have ever committed a murder and you are now able to honestly say "yes, I am a murderer," this acknowledgement could cause great pain. However, the acknowledgement and the pain that comes with it will give all life-energy, as you are acknowledging the human being that you are. At that moment, your body will show its actual power: it is instantly strong in places where before it was weak; it is flexible in places where before it was stiff and rigid; blood flows better in places where before it was constricted; the pressure that is on you will disappear; the lump in your throat will vanish; the inflammation will cease, or will finally develop.

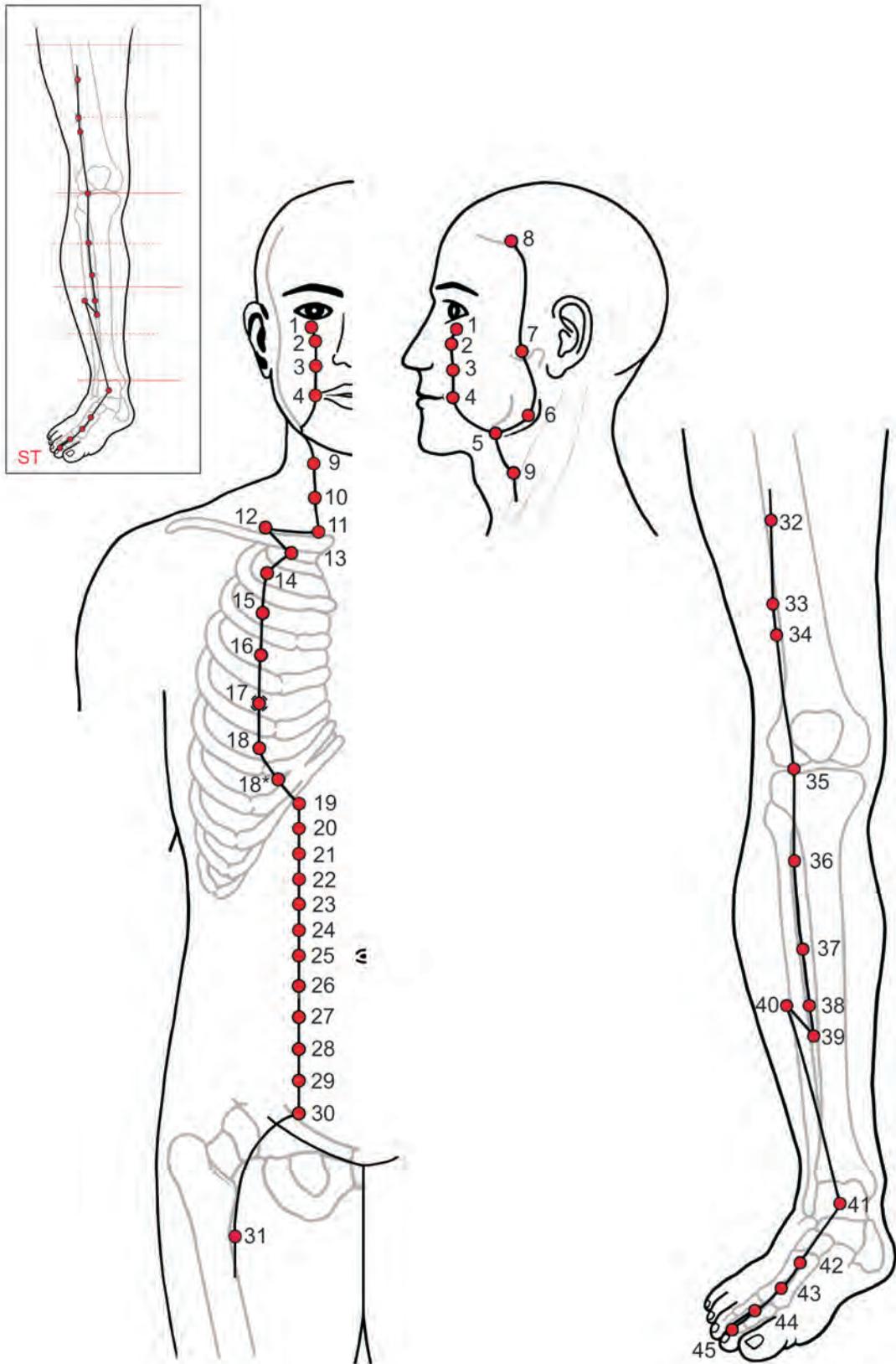
We have stimulated each point and tried to articulate the feelings that it caused. This is how we discovered that the body desires a translation that is both literally and figuratively 'to the point.' We have sought translations that could be applied to everyone. There will always be individual minor differences. That which is 'pain' for one, is normal for another; and my 'gladness' could mean 'happiness' for another. In the course of time we have learned that the point descriptions are very effective, but for some they require minor variations, like a different word or description with the same content.

We have used a technique in which the body 'spontaneously' shows every next meridian point. This has led us to meridian points that we have not found in the classic literature, but which are verifiable in everyone living today. There is a classic identification and numbering (low to high) of acupuncture points based on the direction of the energy flow in that meridian. We have adapted this by giving the new point following Heart 3 (H.3) an asterisk: H.3*, or by giving a second consecutive new point two asterisks, for instance Urinary Bladder 37** (UB37**). For practical reasons we have used, where possible, individual body measurements (length of the forearm, half of that, and half or a third of that). You will find this subdivision of individual measurements in the drawings that are printed with each meridian. Working with these measurements has proven to be best practice.

People want to recognize themselves in descriptions and it is also nice for you as a therapist when your words are recognized. But that is not what it is about! Everyone

has to learn to listen to what the world around him has to say about him. Afterwards people would tell me that at first they had reacted angrily, annoyed or negatively to what I had said to them through their bodies. They absolutely did not recognize themselves in the description. That was not who they were. They did not want to hear it then, but it was their truth! There is nothing in this universe that you do not carry with you. At most, it might have a different appearance and the emphasis may be slightly different. Opening up to what you do not want to hear will, in time, show you what you could not see before. Yet, in this opening up lies the largest introduction to a new life. I wish you many people that do not recognize themselves in your description, because they will become your greatest learning.

6. STOMACH MERIDIAN



STOMACH MERIDIAN

ST 1:

Be willing to have an eye for reality

Be willing to see reality

ST 2:

Expressing what is going on inside you

Coming out with what you see

ST 3:

Daring to act positively against things you encounter in life

Daring to admit that everything holds something positive; something that should take you further

ST 4:

Feeding yourself with your feelings

ST 5:

Recognizing your use of dominance

Being able to give space to someone else

ST 6:

Letting your feelings be as they are

ST 7:

Standing up for yourself and your feelings, especially in times of struggle

LEFT

RIGHT

ST 1:

Not having an eye for your own reality

Not having an eye for reality

ST 2:

Seeing what is going on inside you, but not expressing it (enough)

Recognizing what is going on inside someone, but not expressing it

ST 3:

Experiencing that which you encounter within yourself as 'unpleasant', a burden, a problem, or a 'must', instead of recognizing an opportunity or a possibility for growth
Struggling with yourself

Experiencing that which you encounter within yourself as 'unpleasant', a burden, a problem, or a 'must', instead of recognizing an opportunity or a possibility for growth
Struggling with yourself

ST 4:

Feeding yourself physically, but remaining spiritually malnourished

Feeding yourself physically, but remaining spiritually malnourished

ST 5:

Assuming dominance in profession and practice

Assuming dominance in profession and practice

ST 6:

'Ruminating on' or 'brooding over' feelings
Wanting to know too much of what is happening in your feelings
Not sufficiently letting your feelings be as they are

'Ruminating on' or 'brooding over' feelings
Wanting to know too much of what is happening in your feelings
Not sufficiently letting your feelings be as they are

ST 7:

Not standing up for yourself (enough) in times of struggle

Not standing up for yourself (enough) in times of struggle

STOMACH MERIDIAN

ST 8:

Being aware of your expectations towards people

Being able to give without expecting something in return and also being able to not give

ST 9:

Recognizing and letting go of the dominance in your voice

Being aware of your tone of voice

ST 10:

Using your voice in a correct manner

Using your voice for what you got her: expressing the human inside you

ST 11:

Letting your feelings be and showing them

ST 11 left and right together: *POINT OF BEING SENSITIVE*

ST 12:

Putting a stop to your jealousy and envy

Really wanting to see who you are, what you have got, what you are capable of, and being willing to see the worth of this all

Being aware of your own uniqueness and seeing that you do not need that jealousy

ST 13:

Putting a stop to your dependence

Taking care of your own attention and energy

ST 14:

Standing up for yourself

LEFT

ST 8:

Giving yourself to someone else and then getting disappointed in your expectations that you will receive something in return from that person (“Look at what I have done for him/ them; and what I am getting in return? Where is he/are they now?”)

ST 9:

Using your voice as a force of power
Overwhelming people by using your voice

ST 10:

Abusively using your voice: to defend, to secure, to justify, to prove, to convince, to keep people at a distance, etc.

ST 11:

Talking about feelings, but not showing them

ST 12:

Being jealous, envious
Giving yourself a lower position out of jealousy
Making it impossible, out of jealousy, for someone else to live his life

ST 13:

Being dependent
Living off the other people’s attention and energy

ST 14:

Not standing up for yourself

RIGHT

Giving yourself to someone else and then getting disappointed in your expectations that you will receive something in return from that person (“Look at what I have done for him/ them; and what I am getting in return? Where is he/are they now?”)

Using your voice as a force of power
Overwhelming people by using your voice

Abusively using your voice: to defend, to secure, to justify, to prove, to convince, to keep people at a distance, etc.

Talking about feelings, but not showing them

Being jealous, envious
Giving yourself a lower position out of jealousy
Making it impossible, out of jealousy, for the someone else to live his life

Being dependent
Living off the other people’s attention and energy

Not standing up for yourself

STOMACH MERIDIAN

ST 15:

Be willing to see your gifts and talents and to appreciate them

ST 16:

Focusing on truly living

ST 17:

Be willing to credit yourself with positive values

ST 18:

Acknowledging your harshness

Accepting mildness within yourself

ST 18*:

Be willing to see your negative habits and accepting that these habits bring something dark to life.

ST 19:

Accepting your emotions as they are, no less but also no more

ST 20:

Trusting your feelings and your body, so you will learn from your feelings

ST 21:

Acknowledging your feelings *and* your (counter) arguments

ST 22:

Admitting that you use sarcasm and mockery to adopt a posture

Calling a halt to your sarcasm and mockery

LEFT

RIGHT

ST 15:

Not (be willing to) have an eye for your gifts and talents

Not (be willing to) have an eye for your own gifts and talents, nor for the other people's gifts and talents

ST 16:

Not engaging in the important things of life

Not engaging in the important things of life

ST 17:

Not (sufficiently) crediting yourself with positive values

Not (sufficiently) crediting others with positive values

ST 18:

Being harsh towards yourself
(Goes along with chest lumps and thickening)

Being harsh

ST 18*:

Feeling 'comfortable' with thoughts or acts that feed your negative habit

Feeling 'comfortable' with people that have the same negative frequency as you do

ST 19:

Letting your emotions rise to the point that you get hysterical
Stirring up your feelings in such a way that you lose your common sense

Letting your emotions rise to the point that you get hysterical
Stirring up your feelings in such a way that you lose your common sense

ST 20:

Harboring fear that something is wrong with you or your feelings

Harboring fear that something is wrong

ST 21:

Putting feelings aside using arguments

Putting feelings aside using arguments

ST 22:

Dealing with yourself in a sarcastic and mocking manner and, as a result, putting yourself out in the cold

Being sarcastic and mocking and, as a result, putting yourself and other people out in the cold

STOMACH MERIDIAN

ST 23:

Be willing to accept your boundaries

ST 24:

Trusting the feeling that causes you to experience the truth behind words

ST 25:

POINT OF INNER REST

ST 26:

Not being afraid of stepping away from your habit

Actually stepping away from your habit

Daring to accept life, living and changes in your life

ST 27:

POINT OF FORGIVENESS

ST 28:

Be willing to, also in the good, see your reality, your boundaries and your (im) possibilities

ST 29:

Acknowledging and putting a stop to your vengeance

ST 30:

Seeing the body's beauty and worth, because you *want* to see it

ST 31:

Understanding and accepting your sexual inhibition and daring to follow a new direction

LEFT

RIGHT

ST 23:

Crossing your boundaries again and again

Crossing your boundaries again and again

ST 24:

Listening to words instead of trusting your feelings

Listening to words instead of trusting your feelings

ST 25:

Carrying agitation within you

Carrying agitation within you

ST 26:

Living 'as usual' and therefore experiencing everything as 'usual'
Shutting out life, living, and new life by holding on to your habit

Living 'as usual' and therefore experiencing everything as 'usual'
Shutting out life, living, and new life by holding on to your habit

ST 27:

Not willing to forgive yourself
Actually: not willing to forgive yourself because of misplaced judgment

Not willing to forgive
Actually: not willing to forgive because of misplaced judgment

ST 28:

Wanting to listen to only good thoughts that occur to you

Wanting to listen to only good things that come from without

ST 29:

Developing and fomenting vengeance and thoughts of revenge

Developing and fomenting vengeance

ST 30:

Not be willing to see your body's beauty and worth

Not be willing to see the body's beauty and worth

ST 31:

Not having (true) sexual liberty

Not having (true) sexual liberty

STOMACH MERIDIAN

ST 32:

Being able to trust that it is already there for you, and realizing that it is coming to you; that you do not have to force it

ST 33:

Allowing yourself to be weak

ST 34:

Being able to trust your own power

ST 35:

Calling a halt to the pressure, the demands and the stress that you put on yourself

ST 36:

POINT OF LIVING IN REALITY
POINT OF BEING GROUNDED

ST 37:

Taking your place

ST 38:

Daring to accept and be the person that you are, in both positive and negative aspects

LEFT

RIGHT

ST 32:

Pushing and forcing what you want to achieve, because you do not yet have faith that it is already there for you

Pushing and forcing what you want to achieve, because you do not yet have faith that it is already there for you

ST 33:

Demanding from yourself to be strong

Demanding from yourself to be strong

ST 34:

Being afraid of what people (could) do

Being afraid of what people (could) do

ST 35:

Succumbing to the pressure that you put on yourself

Not being able to handle (anymore) the pressure, the demands and the stress that you put on yourself

Succumbing to the pressure that you put on yourself

Not being able to handle (anymore) the pressure, the demands and the stress that you put on yourself

ST 36:

Not having both feet on the ground
Not living in reality

Not having both feet on the ground
Not living in reality

ST 37:

Giving priority to someone else out of self-interest (e.g. because it is safer or easier)

Giving priority to someone else out of self-interest (e.g. because it is safer or easier)

ST 38:

POINT OF (NEGATIVE)
PERFECTION

Keeping a close eye on yourself because of perfectionism

Looking at your flaws through a magnifying glass

Keeping a close eye on yourself because of perfectionism

Looking at your flaws through a magnifying glass

STOMACH MERIDIAN

ST 39:

Acknowledging your self-destruction and calling a halt to it

ST 40:

Daring to start acting because you have an impulse to do so, without even knowing if it is good or not good to do so

ST 41:

Determining your own way in life and acting accordingly

ST 42:

Recognizing the expectation toward yourself and daring to let go of it

ST 43:

Daring to live through feelings of pain, weakness or fear and realizing that they are there to bring growth to your life

ST 44:

Allowing yourself time and rest

ST 45:

Being able to give space to someone else, even though you have rights
Realizing that you are not more or better

LEFT

RIGHT

ST 39:

POINT OF SELF-DESTRUCTION

Destroying yourself
Heading for death, more consciously,
than unconsciously

Destroying yourself
Heading for death, more consciously,
than unconsciously

ST 40:

Not starting to act, because you want
to feel safe and secure first

Not starting to act, because you want
to feel safe and secure first

ST 41:

Not or hardly determining your way in
life

Not or hardly determining your way in
life

ST 42:

Constantly expecting from yourself

Constantly expecting from yourself

ST 43:

POINT OF SELF-PITY

Having a tough time with yourself
Feeling pity for yourself

Having a tough time with yourself
Feeling pity for yourself

ST 44:

Always running around

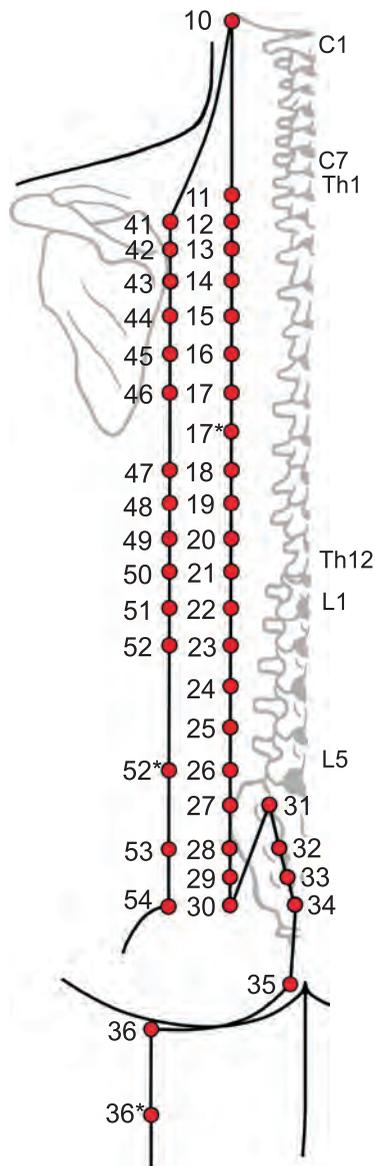
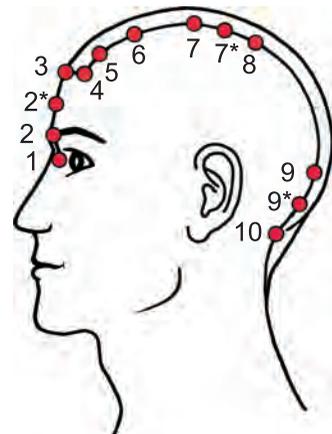
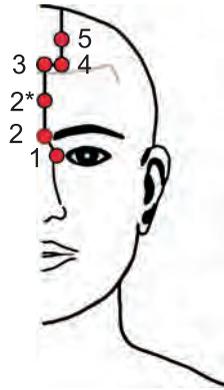
Always running around

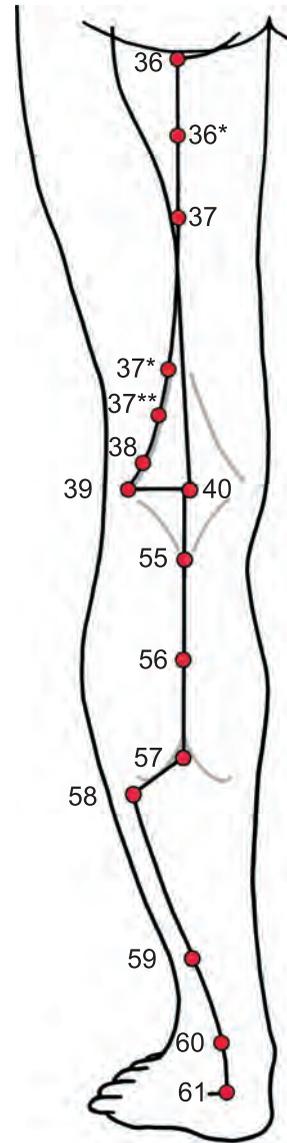
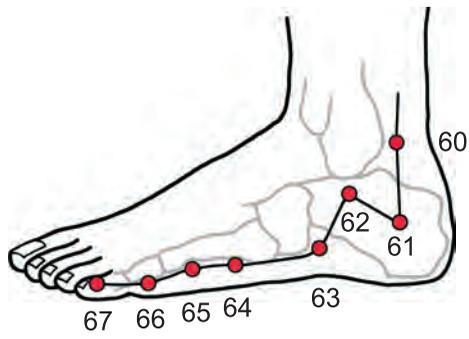
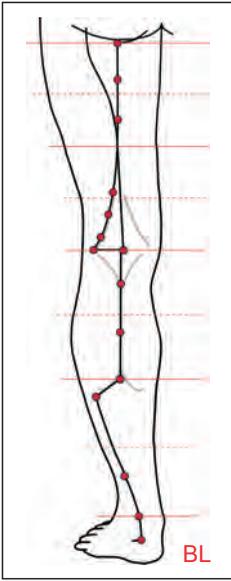
ST 45:

Being resolute out of arrogance
Asserting your being 'more' or being
'better'

Being resolute out of arrogance
Asserting your being 'more' or being
'better'

10. BLADDER MERIDIAN





BLADDER MERIDIAN

BL 1:

Having an eye for your own reality

Be willing to see yourself as you really are, both positively and negatively

BL 2:

POINT OF POSITIVE THINKING

BL 2*:

Allowing yourself to be powerless

BL 3:

POINT OF WELL-BALANCED JUDGMENT

BL 4:

Allowing yourself to be afraid

BL 5:

Being open to what comes from outside

BL 6:

POINT OF OWN INITIATIVE

BL 7:

Being able to see the compulsiveness of your thoughts, as a result of listening to them for years, and choosing to act differently today

BL 7*:

Being aware of your negative thinking and the feelings you evoke with it

LEFT

RIGHT

BL 1:

Unwilling to see yourself as you really are, both positively and negatively

Unwilling to recognize yourself in other people as you really are, both positively and negatively

BL 2:

Thinking negatively about yourself

Thinking negatively about other people, about other things, or about the world

BL 2*:

Being powerless, but not accepting the feeling of powerlessness

Being powerless, but not accepting the feeling of powerlessness

BL 3:

Unbalanced judging
Not giving yourself the right place in your judgment

Unbalanced judging
Not giving other people (or other things) the right place in your judgment

BL 4:

Being afraid

Being afraid

BL 5:

Shutting yourself off from matters from outside

Shutting yourself off from matters from outside

BL 6:

Waiting
Leaving the initiative to someone else

Waiting
Leaving the initiative to someone else

BL 7:

Putting pressure on yourself from your thinking
Having to act on what you think
Thoughts and thought programs put pressure on you

Putting pressure on yourself from your thinking
Having to act on what you think
Thoughts and thought programs put pressure on you

BL 7*:

Evoking more and more negative feelings within yourself through your unconscious thinking

Evoking more and more negative feelings within yourself through your unconscious thinking

BLADDER MERIDIAN

BL 8:

Giving yourself the right place

BL 9:

Sympathizing with yourself

Accepting what bothers you about your body, other people, the world around you, as a feeling you have towards yourself

BL 9*:

Accepting that problems are a part of life

Permitting yourself that problems have an end

Accepting that problems are continuing because you keep involved with problems

Stopping to make problems

BL 10:

POINT OF DILIGENCE AND ENTHUSIASM

BL 11:

Letting go of overflowing burdens

BL 12:

Dealing in reality with your feelings and problems

BL 13:

Being able to be responsible without forgetting to be responsible for yourself

Knowing what you can and cannot handle and acting accordingly

BL 14:

Pointing at yourself

Seeing that you are pointing out something in someone else that is also in you

BL 15:

Be willing to face reality as it is

LEFT

RIGHT

BL 8:

Placing yourself on a pedestal

Placing yourself on a pedestal with regard to other people

BL 9:

Resenting yourself

Resenting your body, other persons, the world around you

BL 9*:

Not seeing an end to your problems
Keeping problems because you think:
'it never stops'

Not seeing an end to your problems
Keeping problems because you think:
'it never stops'

BL 10:

Not giving enough diligence or enthusiasm to yourself or the real life

Not showing enough diligence and enthusiasm

BL 11:

Taking on too much

Taking on too much

BL 12:

Telling yourself that you are doing well, even knowing that this is not the case

Pretending that you are doing well, even knowing that this is not the case

BL 13:

Taking too great a responsibility

Taking too great a responsibility

BL 14:

Pointing at other people

Pointing at other people

BL 15:

Running away from the truth within yourself

Running away from people and actually running away from the truth within yourself

BLADDER MERIDIAN

BL 16:

Showing yourself as you are in both a positive and negative sense

BL 17:

POINT OF TRUST

BL 17*:

Taking full advantage of your own abilities

BL 18:

Tracking your own feelings

BL 19:

Not withdrawing

Letting your loneliness be known

BL 20:

Limiting in a healthy manner the responsibilities you take on

BL 21:

Daring to feel

BL 22:

Speaking your mind

BL 23:

Being able in a difficult situation to stand from a position of inner strength and clarity

BL 24:

POINT OF INNER VALUES

LEFT

RIGHT

BL 16:
Only willing to show your good side

Only willing to show your good side

BL 17:
Not having confidence

Not having confidence

BL 17*:
Functioning below your own level
Being capable of more

Functioning below your own level
Being capable of more

BL 18:
Losing track because of your thinking

Losing (your own) track because what other people think is better

BL 19:
Attracting attention by withdrawing
(in loneliness)

Attracting attention by withdrawing
(in loneliness)

BL 20:
Burdening yourself
Burdening yourself with problems and responsibilities

Burdening yourself
Burdening yourself with other people's problems and responsibilities

BL 21:
Unwilling to be confronted with your own feelings

Unwilling to be confronted with other people's feelings

BL 22:
Not speaking your mind

Not speaking your mind

BL 23:
Carrying burdens because you feel that you are at the mercy of a situation

Carrying burdens because you feel that you are at the mercy of a situation

BL 24:
Focusing on material things

Focusing on material things

BLADDER MERIDIAN

BL 25:

Be willing to see the selfishness in your actions

Taking on matters without selfishness

BL 26:

Having confidence that you will receive what is yours

BL 27:

Being able to say no when necessary

Daring to be dependent on your body and your feelings

BL 28:

POINT OF THE FOUNDATION WITHIN YOURSELF

BL 29:

Being open to help or to directions from someone else

'Knowing' that you cannot do it alone and living and acting accordingly

BL 30:

Daring to let in other people's opinions, in the confidence that you will learn whether it is good or not good for you

BL 31:

Daring to let go if this is needed, even, if necessary, to let go of your family

BL 32:

Being open, also if it pertains to matters within the family

Knowing that real openness starts and can be brought about within the family

LEFT

RIGHT

BL 25:

Taking on too much from a selfish desire to be noticed or appreciated

Taking on too much from a selfish desire to be noticed or appreciated

BL 26:

Not wanting to miss anything
Being afraid you will miss something

Not wanting to miss anything
Being afraid you will miss something

BL 27:

Being weighed down with burdens you have placed on yourself and still not saying no to yourself
Taking a dependent position

Being weighed down with burdens people have placed on you and still not permitting yourself to clearly say no
Taking a dependent position

BL 28:

Forcing yourself into an imposed tight rein so you can feel safe (you will not stand out or be criticized)

Letting yourself be forced into a tight rein so you can feel safe (you will not stand out or be criticized)

BL 29:

Not being open to help or directions
Wanting to do it alone

Not being open to help or directions
Wanting to do it alone

BL 30:

Not admitting other people or the other people's opinion out of fear of having to let go of your own opinions

Not admitting other people or the other people's opinion out of fear of having to let go of your own opinions

BL 31:

Not daring to break off oppressive family relations that stand in the way of going YOUR way

Not daring to break off oppressive family relations that stand in the way of going YOUR way

BL 32:

Feeling obliged to be silent about family affairs

Feeling obliged to be silent about family affairs

BLADDER MERIDIAN

BL 33:

Giving space to your partner, your child, your friend, to live their own life

BL 34:

Allowing deep-rooted and vague fears in yourself

BL 35:

(Being able to) permit expressions of feelings

BL 36:

POINT OF SURRENDER

BL 36*:

Be willing to see both the positive and the negative side of life

BL 37:

Being (with) yourself even when you are under pressure

BL 37*:

POINT OF THOUGHTFULNESS

BL 37**:

Seeing the good and the beauty of yourself because you want to see it

LEFT

RIGHT

BL 33:

Wanting to bind your partner, your child, or your friend to yourself

Wanting to bind your partner, your child, or your friend to yourself

BL 34:

Being at an utter loss with/because of deep-rooted and vague fears

Being at an utter loss with/because of deep-rooted and vague fears

BL 35:

Resisting the expression of your feelings

Resisting the expression of feelings in general

BL 36:

POINT OF MANIPULATION

Manipulating yourself

Wanting everything to go as you have envisioned it

(Also) manipulating other people

Wanting people to do everything as you have envisioned it

Imposing your thoughts and actions on others

BL 36*:

Only wanting to see the negative and hard sides of life

Only wanting to see the negative and hard sides of life

BL 37:

Quickly losing your balance when you want to meet a (self-imposed) demand

Quickly losing your balance when you want to meet a demand

BL 37*:

Not being sufficiently aware of what you are doing

Thinking what you are doing is normal

Not being very considerate towards yourself

Not being sufficiently aware of what is being done

Thinking what is being done is normal

Not being very considerate

BL 37**:

Unwilling to say something positive about yourself

Unwilling to say something positive about yourself

BLADDER MERIDIAN

BL 38:
Staying true to yourself

BL 39:
POINT OF SURRENDER TO DEATH AND LIFE

BL 40:
Being easy and flexible towards yourself

LATERAL BLADDER BRANCH

BL 41:
POINT OF CONFIDENCE AND SURRENDER

BL 42:
POINT OF INNER STRENGTH

BL 43:
POINT OF OWN RESPONSIBILITY

BL 44:
*POINT OF THE COMMITMENT YOU HOLD TOWARDS YOUR LIFE AND
YOUR HUMAN BEING*

BL 45:
POINT OF CONFIDENCE

LEFT

RIGHT

BL 38:

Quickly losing touch with yourself
Quickly getting into your habit of
thinking

Quickly losing touch with yourself
Quickly getting into your habit of
thinking

BL 39:

Being afraid of death

Being afraid of death

BL 40:

Being hard and tough towards
yourself, while being easy and flexible
towards the world you live in

Being hard and tough towards
yourself, while being easy and flexible
towards the world you live in

LATERAL BLADDER BRANCH:

The points of the lateral bladder branch express NEGATIVE INNER
CONVICTIONS.

In words, the meaning of these points are identical on the left and the right. The
difference in feeling between left (more towards yourself) and right (more towards
the outer world) continues.

BL 41:

If I am not in control, or if I do not understand, it does not work

BL 42:

I do not have the strength
I am weak

BL 43:

I am a victim
I am (always) duped

BL 44:

I am obliged

BL 45:

People cannot be trusted

BLADDER MERIDIAN

BL 46:
POINT OF CONFIDENCE IN OWN ABILITIES

BL 47:
POINT OF POSITIVE DEPENDENCE

BL 48:
POINT OF WILLINGNESS TO WELCOME PROSPERITY IN LIFE

BL 49:
POINT OF CONFIDENCE IN THE FUTURE

BL 50:
POINT OF PEACE WITH YOURSELF
POINT OF SATISFACTION

BL 51:
POINT OF BEING VALUABLE

BL 52:
POINT OF CONFIDENCE IN OWN ABILITIES

BL 52*:
POINT OF SURRENDER TO, AND CONFIDENCE IN, LOVE

BL 53:
POINT OF KNOWING THAT YOU ARE GIVING WHAT YOU SHOULD BE GIVING

BL 54:
POINT OF TOGETHERNESS

BL 46:

Other people are better
Other people know better
I am not that good...

BL 47:

I have to do it alone
Asking for help is a sign of weakness

BL 48:

I was born for misery
It cannot be true that I am doing well

BL 49:

I will never lose my problem
I will never get out of this
This (negative) will never stop

BL 50:

I am nothing; I am not good enough; I do not have anything; I never get anything
Other people are everything, have everything, can do everything, get everything

BL 51:

I am not worthy of living

BL 52:

I am stupid; I am dumb; I cannot do that

BL 52*:

When I give love, pain will be caused
With love comes pain

BL 53:

I fail people

BL 54:

I am alone
There is no one for me

BLADDER MERIDIAN

BL 55:
Being flexible

BL 56:
Feeling that you are adequate

BL 57:
Daring to see that being strong is based on being able to recognize that you are wrong

BL 58:
POINT OF CHERISHING

BL 59:
Stopping yourself when you are 'driving' your feelings too far

BL 60:
POINT OF CONFIDENCE AND SURRENDER

BL 61:
Experiencing feelings
Not ignoring feelings

BL 62:
POINT OF INNER HARMONY

BL 63:
POINT OF INNER SPACE AND FREEDOM

BL 64:
Being able to see yourself as you are
Allowing to be seen and judged as you are

LEFT

RIGHT

BL 55:
Not being able to deviate from your program

Not being able to deviate from your program

BL 56:
Feeling small

Feeling small

BL 57:
Wanting to adopt a 'strong' attitude by sticking to your opinion

Wanting to adopt a 'strong' attitude by sticking to your opinion

BL 58:
Not being able to cherish yourself or your body

Not being able to cherish yourself or your body

BL 59:
'Driving' your feelings so far that you cannot get out anymore

'Driving' your feelings so far that you cannot get out anymore

BL 60:
Fear of losing

Fear of losing

BL 61:
'Easily' putting feelings aside (as if they are not there)
'Easily' denying feelings

'Easily' putting feelings aside (as if they are not there)
'Easily' denying feelings

BL 62:
Compelling yourself

Having to
Feeling compelled

BL 63:
Not giving yourself enough space

Letting your space be taken away

BL 64:
Wanting to be judged positively
Wanting to satisfy
Not wanting to miss the mark

Wanting to be judged positively
Wanting to satisfy
Not wanting to miss the mark

BLADDER MERIDIAN

BL 65:

Being able to stay true to yourself, apart from a thought, an opinion or evoked feelings

BL 66:

Being able to work from contact with yourself and life

BL 67:

Being concerned for other people too

Giving someone else the place that he/she deserves

LEFT

BL 65:

Dominating yourself with your thoughts (and the feelings that you evoke with this) in such a way that it gets you into trouble

BL 66:

POINT OF THE WORKAHOLIC

Being so obsessed with work that you do not come around to yourself (or to life)

BL 67:

Giving yourself a place without being concerned for someone else

RIGHT

Drawing words, opinions and feelings towards yourself in such a way that it gets you into trouble

Being so obsessed with work that you do not come around to yourself (or to life)

Giving yourself a place without being concerned for someone else