

Goals and Affirmations

by Margaret Murray

The goals and affirmations which are the topic of this paper are a combination of ideas from Wayne Topping, John Diamond, Paul and Gail Dennison, and my own background in education and counseling. They grew out of my private practice in Milwaukee, WI. In forming a structure that would enable my clients to learn and change on a regular basis, I found that the 20 meridians (12 regular and 8 extra) gave me what I needed. They are used one at a time with six to eight week intervals. Tables for each of the meridians are shown on the following pages:

CENTRAL (Brain-eye)

POSITIVE: SUCCESS "I am a success"

NEGATIVE: FAILURE-OVERWHELMED "I am a failure"

PHYSICAL:

To have a strong healthy brain
To think clearly and accurately
To have strong healthy eyes
To have perfect eyesight
To have visual acuity
To have clear focus

EDUCATIONAL:

To be aware
To notice detail
To be creative
To see the whole picture
To see detail
To actively use all areas of my brain
To see clearly
To express myself clearly
To concentrate well

RELATIONSHIPS:

To have balanced relationships
To have successful relationships
To have honest and free expression

EMOTIONAL:

To be a success
To achieve what I set out to do
To know where I am going
To adapt to circumstances with ease
To feel confident
To handle myself well

SPIRITUAL:

To love God
To obey God
To have wisdom
To have vision

FINANCIAL:

To succeed with money and goods
To be in control of my spending
To be a good steward
To be a financial success

GOVERNING

POSITIVE: SUPPORT "I accept myself as I am"

NEGATIVE: UNSUPPORTIVE-competitive-ignore-appetetic "I am competitive"

PHYSICAL:

To have a strong healthy spine
To have a mobile, supple, flexible spine
To stand straight and tall
To have strong healthy ears
To hear sounds accurately and clearly
To have acute hearing

EDUCATIONAL:

To listen well
To listen with understanding
To respond with interest
To respond appropriately
To keep my ears open
To interpret correctly
To feedback appropriately

RELATIONSHIPS:

To encourage myself and others
To support myself and others
To support beneficial causes
To do my part

EMOTIONAL:

To be supportive
To be interested
To be motivated
To be flexible

SPIRITUAL:

To hear God) (universe)
To know the truth

FINANCIAL:

To support myself well
To have a job that I enjoy

STOMACH

POSITIVE: CONTENTMENT "All my needs are satisfied"

NEGATIVE: ANGER-DISCONTENTMENT-critical-disgust-greed-disappointment-frustration

"My needs can never be satisfied"

PHYSICAL:

- To have a strong & healthy stomach
- To have excellent digestion
- To eat only nutritious foods
- To eat only what I need for energy and growth
- To produce sufficient amounts of stomach enzymes
- To choose foods and supplements that support the function of my stomach

EDUCATIONAL:

- To learn easily
- To apply my learning wisely
- To be open and creative
- To remember what I need to know
- To listen well
- To be enthusiastic

RELATIONSHIPS:

- To have fulfilling relationships goals
- To appreciate others
- To feel noticed, appreciated, and loved
- To fit in beneficially
- To recognize how I fit in

EMOTIONAL:

- All my needs are satisfied
- To be satisfied with what is appropriate
- To be fulfilled
- To be willing
- To cooperate when appropriate

SPIRITUAL:

- To be at peace
- To be content and blessed
- To be temperate (moderate)
- To be discreet

FINANCIAL:

- To have sufficient money to meet my To

SPLEEN - PANCREAS

POSITIVE: ASSURANCE AND CONFIDENCE "I relax and do my best"

NEGATIVE: WORRY "If I don't worry I'll die"

PHYSICAL:

- To have a strong healthy spleen
- To have a strong healthy pancreas
- To have perfect hormone regulation
- To destroy infective and malignant material efficiently
- To remove damaged blood cells efficiently
- To produce effective enzymes abundantly
- To have perfect sugar balance
- To eat foods in their natural state
- To choose foods and supplements that support the function of the spleen and pancreas

EDUCATIONAL:

- To relax and do my best
- To think before I act
- To be free to explore
- To be free to make mistakes
- To be free to mature

RELATIONSHIPS:

- To trust others to take care of themselves
- To have confidence in others
- To stimulate others to have confidence in me

EMOTIONAL:

- To be safe and secure
- To be confident
- To have conviction and assurance

SPIRITUAL:

- To be peaceful
- To have faith
- To rely on God

FINANCIAL:

- To be materially secure
- To have the necessities of life

BLADDER

POSITIVE: INNER DIRECTION "I am in charge of my life"

NEGATIVE: NEED FOR APPROVAL-CONTROL "Others control me"

PHYSICAL:

To have a strong healthy bladder
To have perfect elimination
To eliminate toxins and waste efficiently
To eliminate at will
To drink enough water to keep me healthy

EMOTIONAL:

To be in charge of myself
To be in charge of my life
To be in charge of my emotions
To be in charge of my attitude

EDUCATIONAL:

To be in charge of my learning
To learn freely
To sit still when appropriate
To listen to others
To surrender to rules and structure
To surrender to the proper authority

SPIRITUAL:

To have self control
To be patient
To be temperate (moderate)
To be gentle

RELATIONSHIPS:

To respect others space
To be respected
To be free

FINANCIAL:

To respect others property
To be a good steward of my goods
To spend money wisely
To save
To make wise investments

KIDNEY

POSITIVE: DECISIVE (ACTION TAKING) "I love being alive"

NEGATIVE: FEAR-PHOBIA-PROCRASTINATION "I am afraid of being alive"

PHYSICAL:

To have strong healthy kidneys
To have strong healthy ovaries (female)
To efficiently detoxify and remove waste
To regulate the body fluids and minerals appropriately
To have perfect hormone balance
To choose foods and supplements that support the function of my kidneys
To drink sufficient pure water

EMOTIONAL:

To take a risk with ease
To have challenges motivate me
To enjoy living

EDUCATIONAL:

To learn from my mistakes
To set goals
To set priorities
To take productive action
To finish what I start
To do it now

SPIRITUAL:

To overcome and be victorious

RELATIONSHIPS:

To be loved and accepted
To express sexuality appropriately
To be reliable

FINANCIAL:

To allow myself to receive as well as give

HEART

POSITIVE: SELF-ESTEEM. WORTH. LOVE "I like who I am"

NEGATIVE: LOW SELF-WORTH-hatred-anger-jealousy "I am a stranger to myself"

PHYSICAL:

To have a strong healthy lean heart
To have perfect heart rhythm

EMOTIONAL:

To like who I am
To like what I do
To nurture myself
To have gratitude
To be confident

EDUCATIONAL:

To enjoy learning
To enjoy growing
To mature with ease
To enjoy moving my body

SPIRITUAL:

To love others as myself
To have joy
To give thanks
To be virtuous

RELATIONSHIPS:

To serve others graciously
To discipline effectively
To be free to love others as they are
To give others the things that help them grow
To be loved

FINANCIAL:

To welcome abundance and wealth
into my life
To give freely to others in need
To be worthy of my wages
To give full worth to whom I am in service

SMALL INTESTINE

POSITIVE: ASSIMILATION-internalization-nourishment-joy-equality

"I learn from all of life's experiences"

NEGATIVE: REJECTION-forgetful-impulsive-reaction "I block my learning"

PHYSICAL:

To have a strong healthy small intestine
To digest and assimilate nutrients efficiently
To reject and eliminate toxins efficiently
To choose foods and beverages that nourish

EMOTIONAL

To express appropriate emotions
To enjoy equality
To feel loved and accepted
To love and accept others
To nourish myself with positive emotions

EDUCATIONAL:

To understand (comprehend)
To think before I act
To conceive clearly and correctly
To deduct logically
To use common sense
To remember
To think clearly and accurately
To learn from all my experiences

SPIRITUAL:

To be joyful
To be patient

RELATIONSHIPS:

To nurture others
To treat all as equals
To be courteous
To respect humanness
To respect authority

FINANCIAL:

To give equally
To accept freely

CIRCULATION/SEX

POSITIVE: BEING RESPONSIBLE "I take responsibility for myself"

NEGATIVE: BLAME-JEALOUSY-REGRET-REMORSE "I blame others"

PHYSICAL:

To have strong healthy sexual parts
To have perfect hormone balance
To have clear healthy arteries and veins
To have perfect circulation
To have blood that is clean and flows freely
To choose foods that promote the formation
of hormones and HDL (High Density Lipoproteins)

EMOTIONAL:

To take responsibility for myself
To take responsibility only for myself
To enjoy what I do
To be gently assertive

EDUCATIONAL:

To be efficient
To be organized
To take responsibility for my learning
To take responsibility for my memory
to finish what I start
To do it NOW
To start only beneficial projects

SPIRITUAL:

To forgive myself
To forgive others
To forget the past
To be kind
To be tactful
To have mercy

RELATIONSHIPS:

To be honest To share my time
To freely and honestly share my feelings
To take my own responsibility in a relationship
To allow others to take responsibility for themselves
To use responsible sexual behavior
To encourage others

FINANCIAL:

To generously share my abundance

THYROID/TRIPLE WARMER

POSITIVE: BALANCE "Everything works our right for me"

NEGATIVE: IMBALANCE-disharmony "Nothing ever works out right for me"

PHYSICAL:

To have a strong healthy thyroid
To have a balanced metabolism
To have ideal mineral balance
To consume only what I need
To be in perfect balance
To choose foods and supplements that support the function of my thyroid
To choose foods and beverages that make me light and slim

EMOTIONAL:

To be lifted up
To be witty
To be buoyant
To laugh and enjoy freely
To have everything work our right for me

EDUCATIONAL:

To sing beautifully
To be musical
To hear notes accurately
To sing in tune
To see

SPIRITUAL:

To have my spirits high
To be in tune (harmony) with God
(Universe)
To be hopeful
To have vision

RELATIONSHIPS:

To be a good companion
To enjoy people
To encourage and lift up
To be kind and gentle

FINANCIAL:

To use my financial resources wisely
To be in tune with the needs of others

GALL BLADDER

POSITIVE: CHOICEMAKING "I always make a good choice"

NEGATIVE: OTHERS APPROVAL-Resentment "I can't make a good choice"

PHYSICAL:

To have a strong healthy gall bladder
To produce appropriate bile mixture
To have my bile emulsify fats efficiently
To desire foods and beverages that keep me lean
To choose foods and supplements that the function of the gall bladder

EMOTIONAL:

To make good choices easily
To enjoy my choices
To believe in the choices I make

EDUCATIONAL:

To choose the correct mathematical answers
To choose activities that bring growth
To have knowledge and understanding to select correctly
To choose encouraging tones of voice and movements

SPIRITUAL:

To choose wisely

RELATIONSHIPS:

To attract the positive influences
To choose relationships that help me mature
To be a good example
To be free to make my own choices

FINANCIAL:

To make choices that cause financial increase

LIVER

POSITIVE: TRANSFORMATION "I welcome beneficial change"

NEGATIVE: STUBBORN-staying the same-rut-anger "I want to stay the way I am"

PHYSICAL:

To have a healthy liver
To eliminate toxins perfectly
To metabolize effectively
To produce bile efficiently
To choose foods and supplements that support my liver function

EMOTIONAL:

To be happy and full of good cheer
To adapt to changing situations in my life with grace and ease
To express emotions appropriately

EDUCATIONAL:

To explore new ideas and methods
To be receptive to beneficial ideas and opportunities

SPIRITUAL:

To welcome beneficial change
To change with confidence
To discern good and evil correctly

RELATIONSHIPS:

To have relationships that are growing in a beneficial way
To adapt to changes in others

FINANCIAL:

To welcome wealth into my life
To welcome abundance into my life
To accept good fortune

LUNG

POSITIVE: HUMILITY

"I am humble before the wonder and beauty of the universe (God)"

NEGATIVE: PRIDE-grief-guilt-loneliness-depression-indifference

"No one can teach me anything"

PHYSICAL:

To have strong healthy lungs
To have strong healthy sinuses
To breathe deeply and efficiently
To have the air I take in nourish me
To purify my blood well

EMOTIONAL:

To accept myself with my shortcomings
To enjoy being with people
To be interested in people

EDUCATIONAL:

To listen
To hear
To respect other peoples opinions
To learn from the wisdom of others
To be motivated

SPIRITUAL:

To be humble
To be meek
To be modest
To be tolerant
To be forgiven

RELATIONSHIPS:

To appreciate others
To see others point of view
To be able to establish close personal relationships
To recognize the value in others
To have favorable opinions of others
To accept others as they are
To let others know that I love and appreciate them

FINANCIAL:

To share generously as I have ability
To appreciate what is given to me

LARGE INTESTINE

POSITIVE: RELEASE LETTING GO

"I joyfully release the past to make space for beneficial change"

NEGATIVE: HOLDING ON OBSESSIVE GUILT "I hold on to all I no longer need"

PHYSICAL:

To have a strong healthy Large Intestine
To have colon reflexes that are free and clear
To be clean
To eliminate waste efficiently
To be flexible
To choose foods that promote the efficiency and cleanliness of my colon

EMOTIONAL"

To joyfully release the past
To make space for beneficial new experiences
To let go of control

EDUCATIONAL:

To read fluently
To be free to learn
To express myself freely
To recall learned information at will
To move with grace and ease
To write freely and beautifully
To have a clear, sharp mind
To be spontaneous
To spell accurately

SPIRITUAL:

To be forgiven
To be free
To be at peace

FINANCIAL:

To release poverty and welcome abundance

RELATIONSHIPS:

To cooperate
To have relationships that are open and free
To release others to take care of themselves
To communicate with kindness

MOBILITY YIN

POSITIVE: HARMONY "I harmonize with good"

NEGATIVE: DISHARMONY-uneasy "I am uneasy and uncooperative"

PHYSICAL:

To have a clear healthy skin
To have my skin smooth and beautiful
To have my skin attractive and radiant
To eliminate well through my skin
To choose foods, air, and activities that nourish my skin
To be in good shape
To slough old skin and regenerate new skin efficiently

EMOTIONAL:

To be at ease
To be flexible

EDUCATIONAL:

To sing in perfect harmony
To move in harmony with my surroundings

SPIRITUAL:

To be in harmony with God (universe-nature)

RELATIONSHIPS:

To be in harmony with the good around me
To be in harmony with the good in others
To cooperate

FINANCIAL:

To use my resources in harmony with good
To gain my resources "in a way that benefits all"

MOBILITY YANG

POSITIVE: CALM "I am calm and confident"

NEGATIVE: TROUBLED-anxious "I am troubled"

PHYSICAL:

To have a strong healthy thymus
To have an efficient immune system
To produce abundant T-cells
To destroy harmful organisms effectively
To encourage beneficial organisms
To remain youthful and vigorous

EMOTIONAL:

To be calm
To be confident
To manage stress well
To see simply

EDUCATIONAL:

To collect my thoughts and analyze
To relax and learn
To think clearly
To see the solution

SPIRITUAL:

To be peaceful
To be wise

RELATIONSHIPS:

To have smooth relationships
To have a calming effect on others
To encourage and soothe

FINANCIAL:

To be financially secure

REGULATING YIN

POSITIVE: TRUST "I TRUST"

NEGATIVE: DISTRUST-frustrated-irritated-jealous-anxious
"I am jealous-irritated and frustrated"

PHYSICAL:

To have strong healthy adrenals
To have ideal water balance
To have ideal mineral balance
To handle stress beneficially
To have a strong healthy parathyroid
To have my body use minerals beneficially
To rest well

EMOTIONAL:

To be satisfied
To be tranquil
To have inner peace
To be at ease

EDUCATIONAL:

To learn easily
To be able to solve problems
To be able to discern
Relationships:
To give others freedom
To make and keep peace
To share my feelings

SPIRITUAL:

To trust God
To trust others
To recognize when it is appropriate to trust
Relationships:
To be accepting of others
To yield to the proper authority
To encourage others

RELATIONSHIPS:

To give others freedom
To make and keep peace
To share my feelings

FINANCIAL:

To have goods when I need them

REGULATING YANG

POSITIVE: COURAGE "I have courage"

NEGATIVE: SHY-grouchy-disappointed-stubborn
"I am stubborn, shy, disappointed, grouchy"

PHYSICAL:

To have a strong healthy spleen
To produce abundant white blood cells
To overcome infection effectively
To have a strong healthy pituitary
To grow properly
To have a strong parotid
To have my glands work in a beneficial rhythm
To chew my food well
To have my saliva produce sufficient DNA-RNA
To have my food nourish and balance me
To consume only the food that I need

EMOTIONAL:

To give in to learning
To discipline myself
To speak up with ease
To perform with ease
To achieve

EDUCATIONAL:

To have courage
To move forward

SPIRITUAL:

To yield to God

RELATIONSHIPS:

To be accepting of others
To yield to the proper authority
To encourage others

FINANCIAL:

To consume only what I need

BELT

POSITIVE: COMMUNICATIVE "To listen and feedback with love"

NEGATIVE: SPEECHLESS-shy "I am speechless"

PHYSICAL:

To have a strong healthy pineal

EDUCATIONAL:

To see the light
To see things clearly
To set goals
To know what I want
To think carefully
To have accurate facts
To consider the consequences
To have a large vocabulary
To have proper word usage
To use words creatively
To use appropriate words and tones
To print pictures with words
To have a captivating voice
To have my body language attractive
To spell accurately
To have attractive penmanship
To know what to say, when to say it,
how to say it

EMOTIONAL:

To be tactful and compassionate
To love
To know how I feel
To give
To be enthusiastic
To be free

SPIRITUAL:

To be honest
To see the truth

FINANCIAL:

To share with others in need
To share freely with God

RELATIONSHIPS:

To have close fulfilling relationships
To allow others to share freely w/o
interruption
To share myself freely
To be easy to talk to
To listen
To be listened to

VITAL

POSITIVE: DESIRABLE "I am desirable"

NEGATIVE: UNDESIRABLE-unaccepted "I am undesirable"

PHYSICAL:

To have a strong healthy hypothalamus
To maintain proper temperature
To have a balanced appetite
To have a balanced appetite only for
nutritious foods

EDUCATIONAL:

To speak in pleasant tones
To choose complimentary colors
To design pleasing arrangements
To process information correctly

RELATIONSHIPS:

To be attractive
To have a pleasing personality
To have charisma

EMOTIONAL:

To be pleasant

SPIRITUAL:

To be pleasing to God

FINANCIAL:

To have sufficient goods to meet my goals