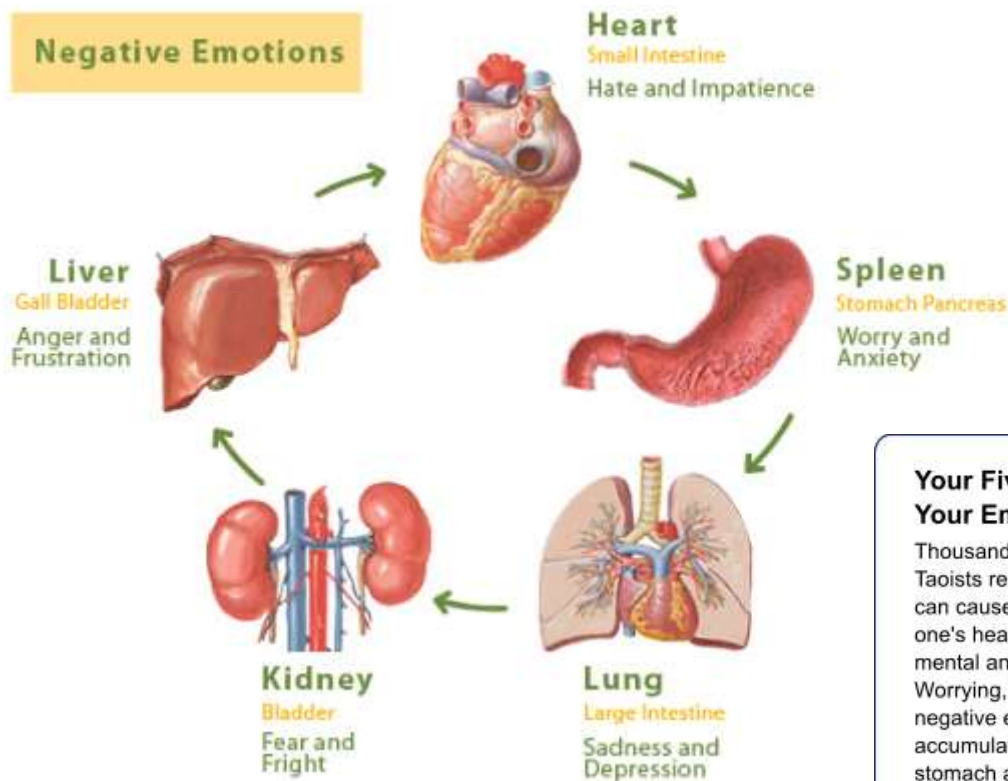


Negative Emotions



Your Five Organs and Your Emotions

Thousands of years ago, the Taoists realized that emotions can cause serious damage to one's health and impair physical, mental and spiritual functions. Worrying, for instance, is the negative emotion that accumulates in the spleen, stomach and pancreas. If it is felt strongly or over a long period of time, it will create an imbalance in the organs and a disease will appear. If a disease already affects these organs it can also cause the person to worry or have obsessive thoughts. These negative emotions can be transformed through the Organ Meditation.

Positive Emotions

