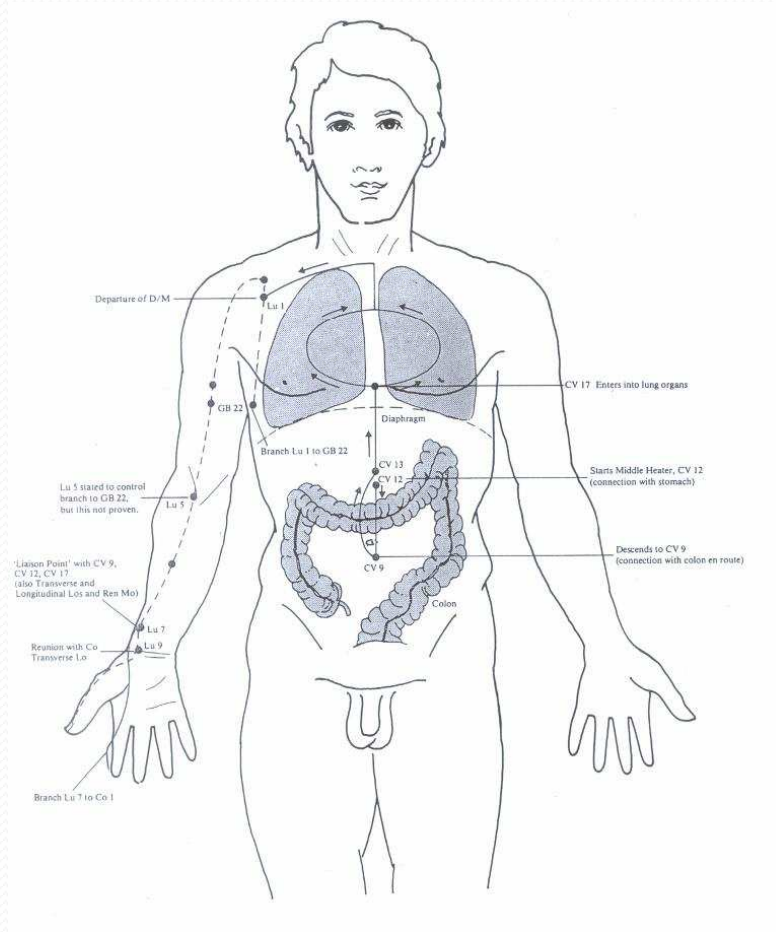
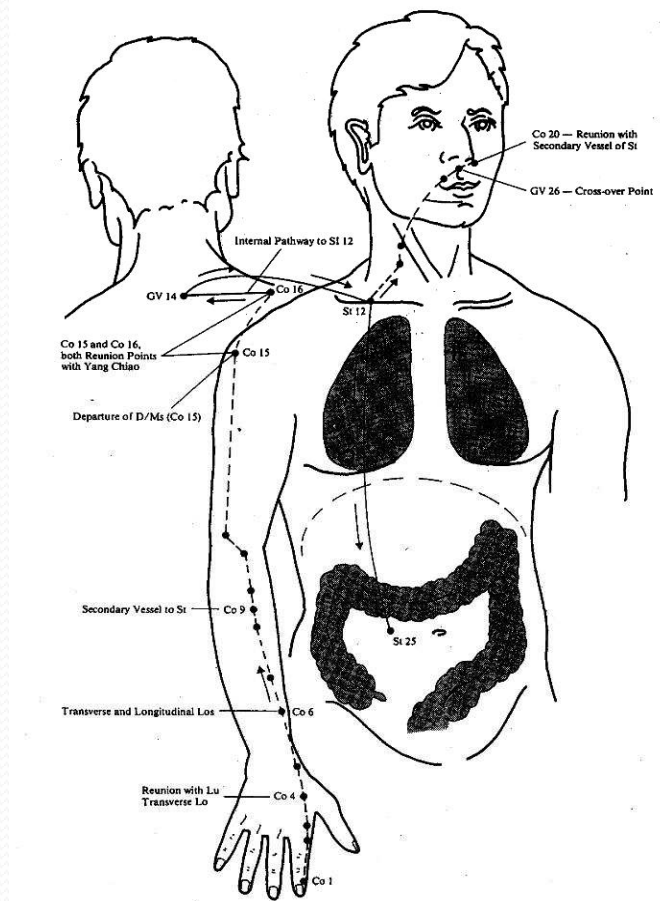


# The Lung Meridian



- The **internal flow** of the **Lung Meridian** (Hand - Tai Yin),
- is **encoded** with **love**, **gratitude**, and **appreciation**.
- Super **stretch** your **spine**,
- Deep **breathe** to **activate** your **brain mirror neurons**,
- **Learn** the **internal flow** of the **Lung Meridian**.

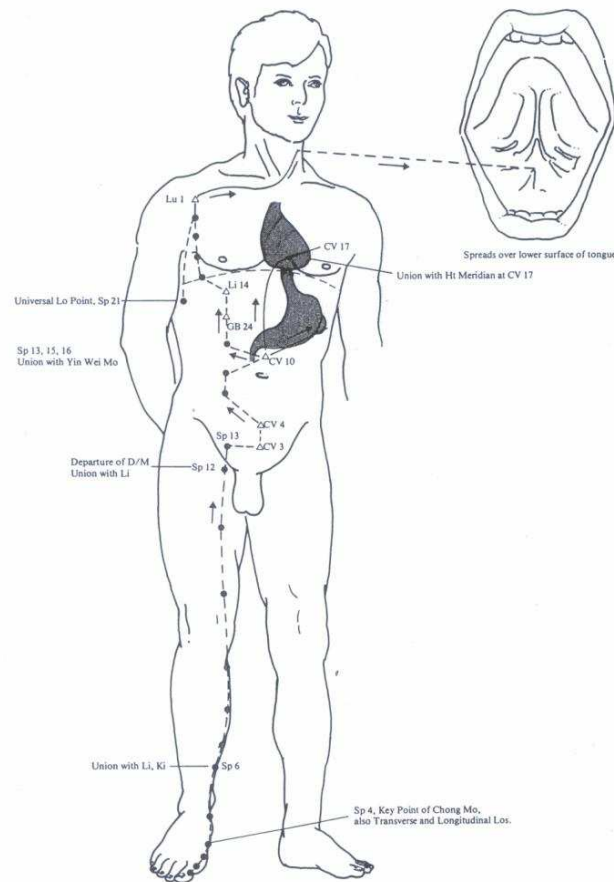
# The Large Intestine Meridian



- The **internal flow** of the **Large Intestine Meridian** (Hand - Yang Ming),
- is **encoded** with **love**, **gratitude**, and **appreciation**.
- Super **stretch** your **spine**,
- Deep **breathe** to **activate** your **brain mirror neurons**,
- **Learn** the **internal flow** of the **Large Intestine Meridian**.

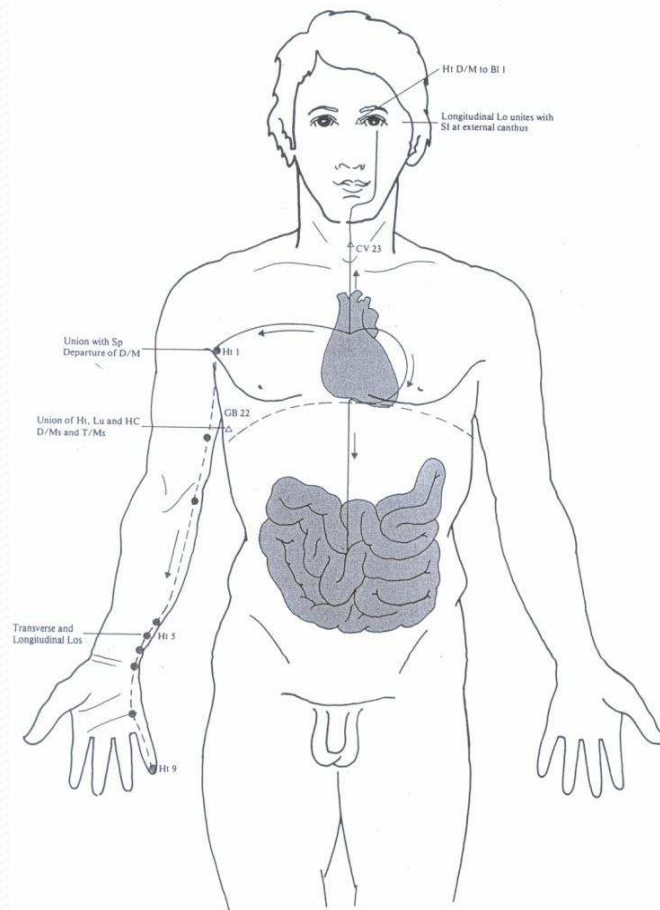


# The Spleen Meridian



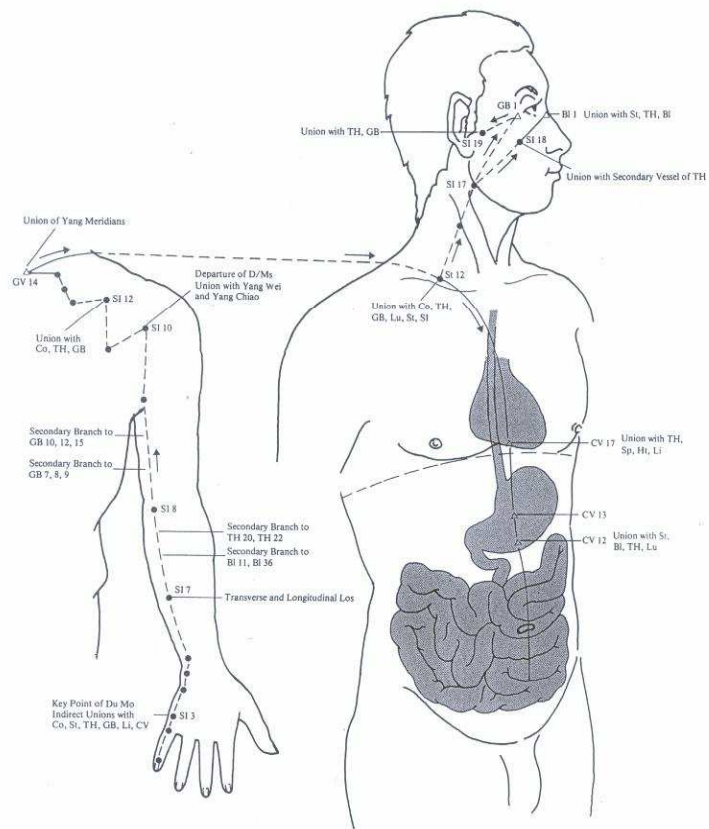
- The **internal flow** of the **Spleen Meridian** (Foot - Tai Yin),
- is **encoded** with **love**, **gratitude**, and **appreciation**.
- Super **stretch** your **spine**,
- Deep **breathe** to **activate** your **brain mirror neurons**,
- Learn the **internal flow** of the **Spleen Meridian**.

# The Heart Meridian



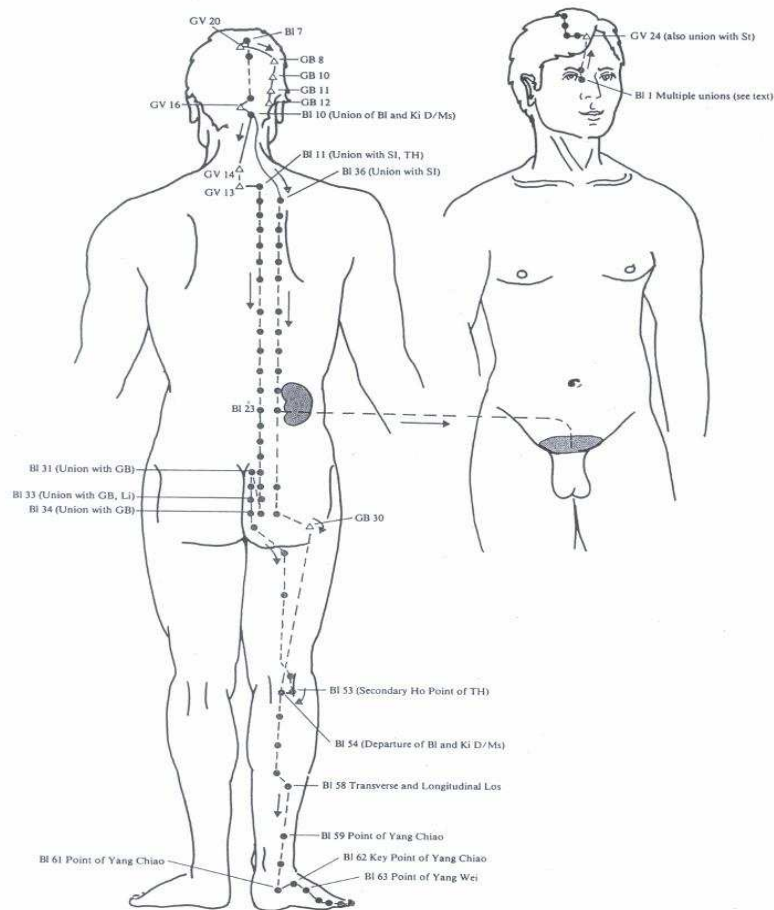
- The **internal flow** of the **Heart Meridian** (Hand - Shao Yin),
- is **encoded** with **love, gratitude, and appreciation.**
- **Super stretch** your **spine,**
- **Deep breathe** to **activate** your **brain mirror neurons,**
- **Learn the internal flow** of the **Heart Meridian.**

# The *Small Intestine Meridian*



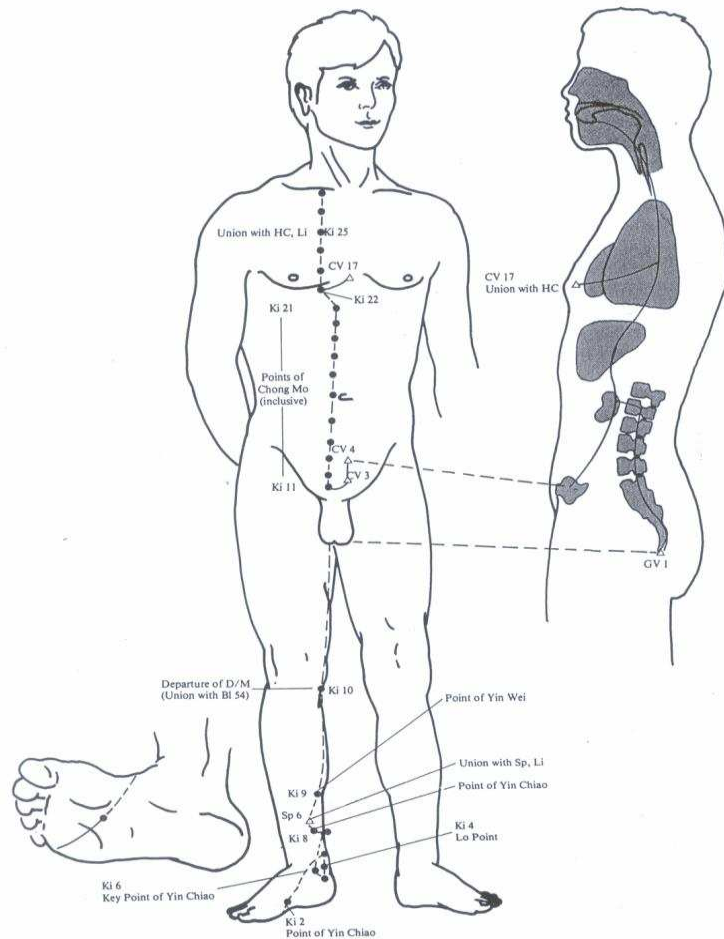
- The **internal flow** of the **Small Intestine Meridian** (Hand - Tai Yang),
- is **encoded** with *love*, *gratitude*, and *appreciation*.
- Super **stretch** your **spine**,
- Deep **breathe** to **activate** your **brain mirror neurons**,
- **Learn** the **internal flow** of the **Small Intestine Meridian**.

# The *Urinary Bladder Meridian*



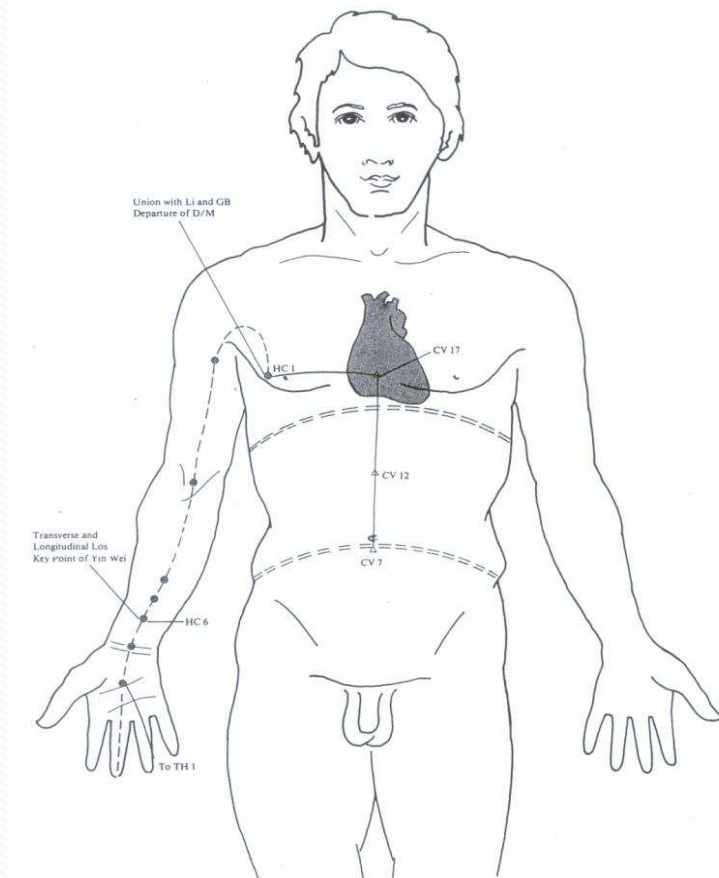
- The **internal flow** of the **Urinary Bladder Meridian** (Foot - Tai Yang),
- is **encoded** with *love*, *gratitude*, and *appreciation*.
- Super **stretch** your **spine**,
- Deep **breathe** to **activate** your **brain mirror neurons**,
- **Learn** the **internal flow** of the **Urinary Bladder Meridian**.

# The *Kidney Meridian*



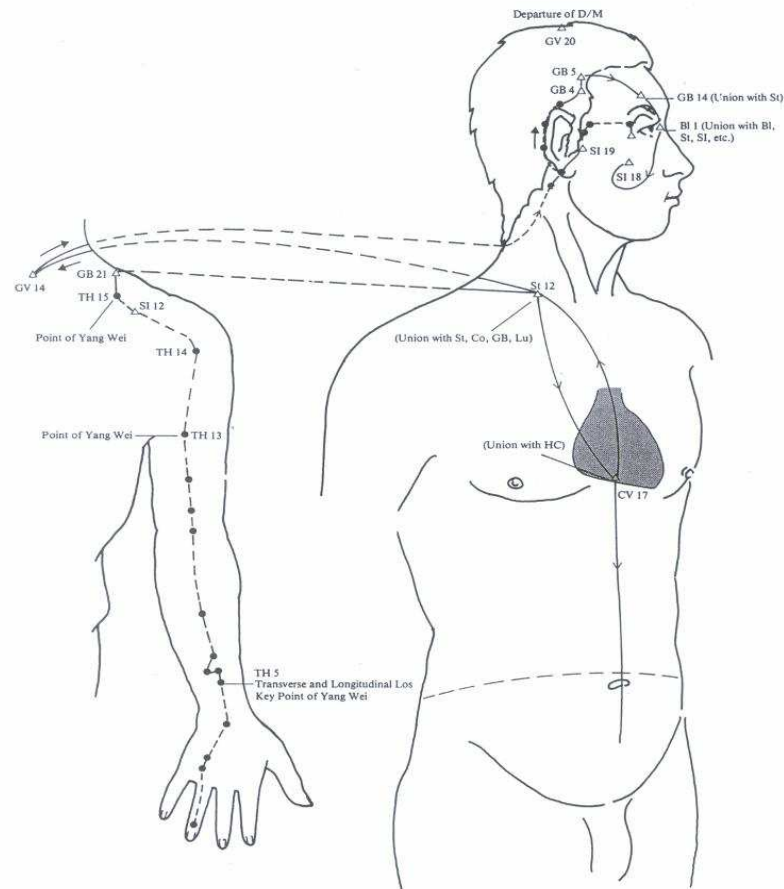
- The **internal flow** of the **Kidney Meridian** (Foot - Shao Yin),
- is **encoded** with **love**, **gratitude**, and **appreciation**.
- Super **stretch** your **spine**,
- Deep **breathe** to **activate** your **brain mirror neurons**,
- **Learn** the **internal flow** of the **Kidney Meridian**.

# *The Pericardium Meridian*



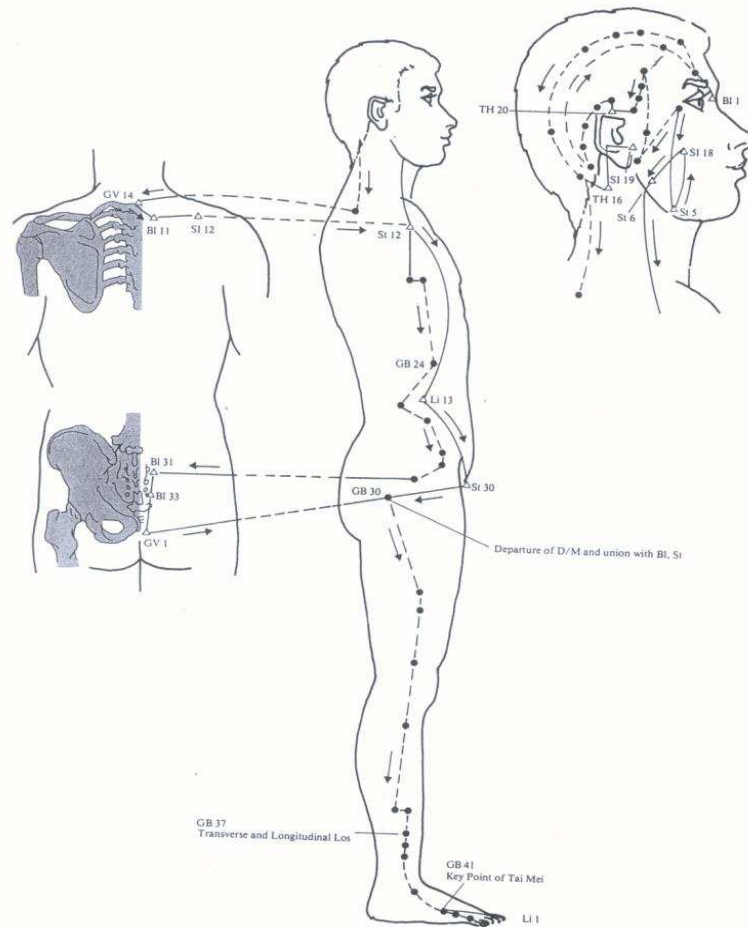
- The **internal flow** of the **Pericardium Meridian** (Hand - Jue Yin),
- is **encoded** with **love**, **gratitude**, and **appreciation**.
- Super **stretch** your **spine**,
- Deep **breathe** to **activate** your **brain mirror neurons**,
- **Learn** the **internal flow** of the **Pericardium Meridian**.

# The Triple Heater Meridian



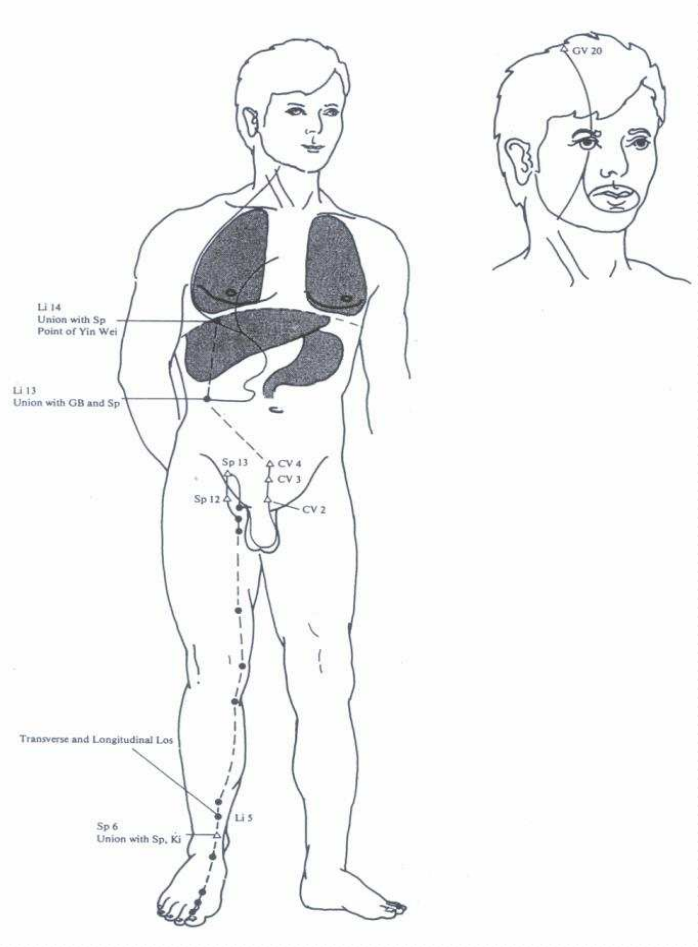
- The **internal flow** of the **San Jiao Meridian** (Hand - Shao Yang),
- is **encoded** with **love**, **gratitude**, and **appreciation**.
- Super **stretch** your **spine**,
- Deep **breathe** to **activate** your **brain mirror neurons**,
- **Learn** the **internal flow** of the **San Jiao Meridian**.

# The Gall Bladder Meridian



- The **internal flow** of the **Gall Bladder Meridian** (Foot - Tai Yang),
- is **encoded** with **love**, **gratitude**, and **appreciation**.
- Super **stretch** your **spine**,
- Deep **breathe** to **activate** your **brain mirror neurons**,
- **Learn** the **internal flow** of the **Gall Bladder Meridian**.

# *The Liver Meridian*



- The **internal flow** of the **Liver Meridian** (Foot - Jue Yin),
- is **encoded** with **love**, **gratitude**, and **appreciation**.
- Super **stretch** your **spine**,
- Deep **breathe** to **activate** your **brain mirror neurons**,
- **Learn** the **internal flow** of the **Liver Meridian**.