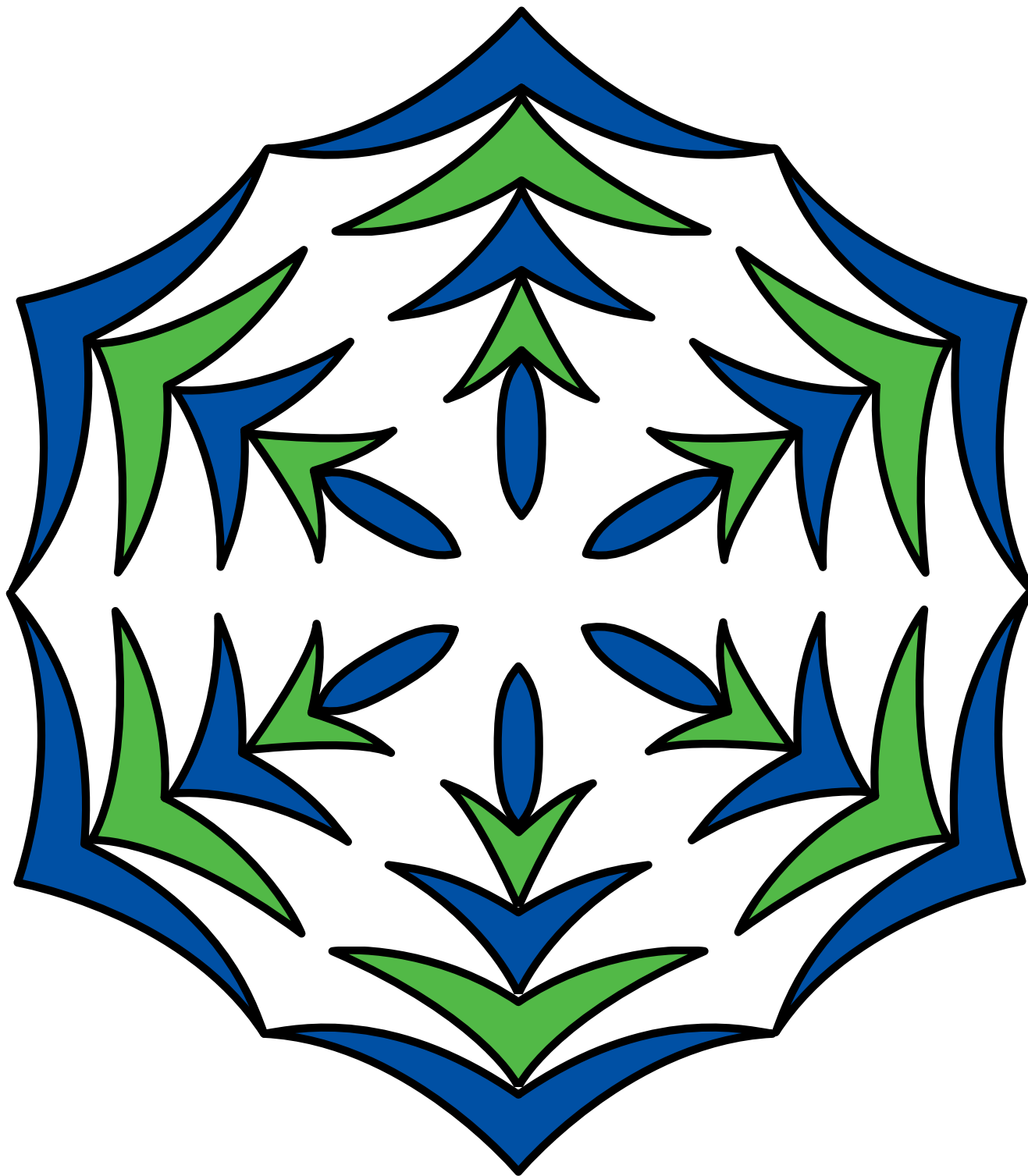


# HEALTH THROUGH THE EYES





# HEALTH THROUGH THE EYES

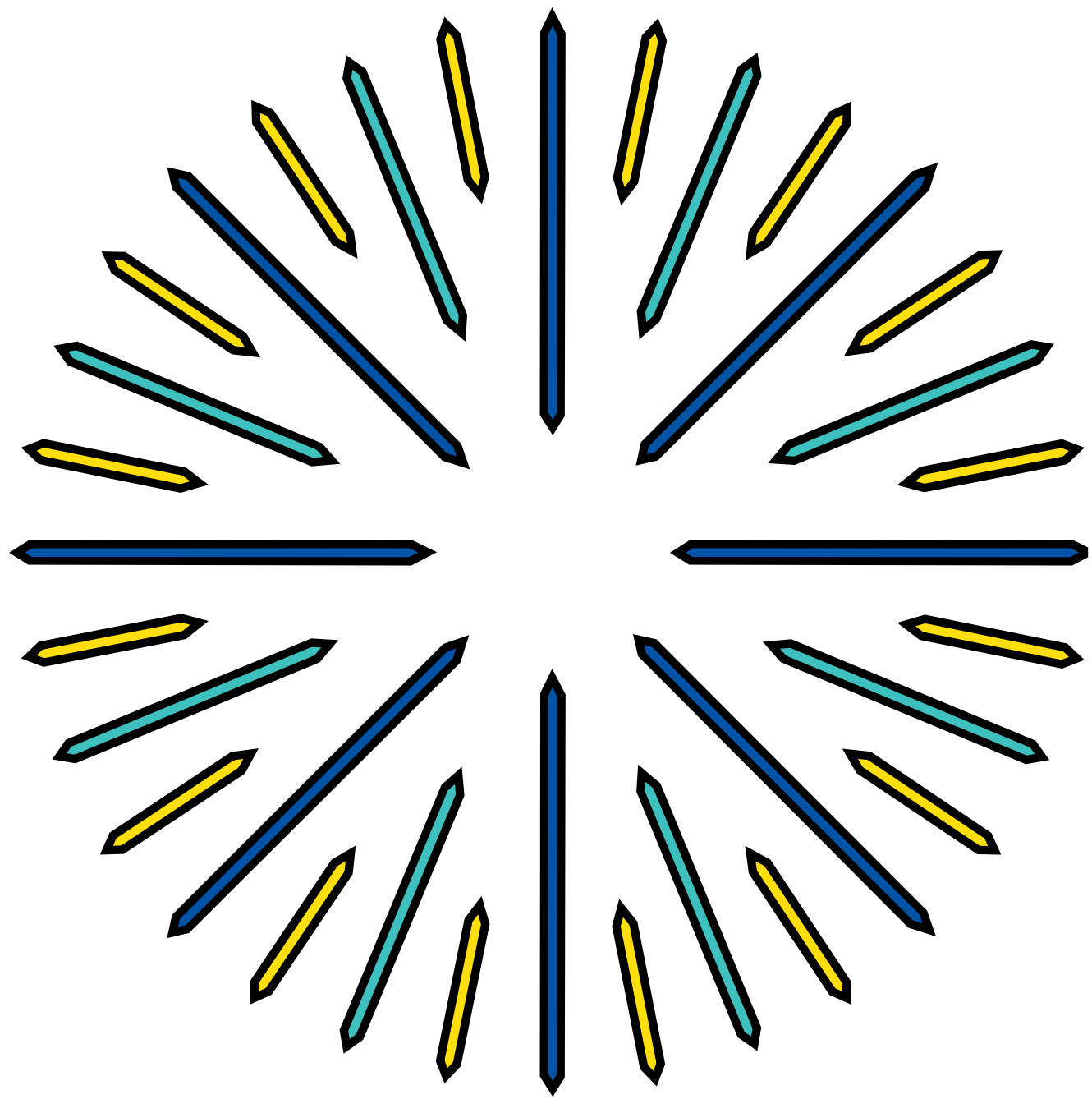
## 1. Young Maize

For inner growth, creativity, joie de vivre.

To encourage compassion, understanding and tolerance.

To harmonize emotional and mental energy.

For excess vitality in the Heart Meridian.



# HEALTH THROUGH THE EYES

## 2. Starbust

For confidence, perseverance, acceptance of what is necessary, the assurance to overcome adversity.

To free blocked energy.

To cleanse negative emotion.

For disturbances of the Stomach Meridian.



# HEALTH THROUGH THE EYES

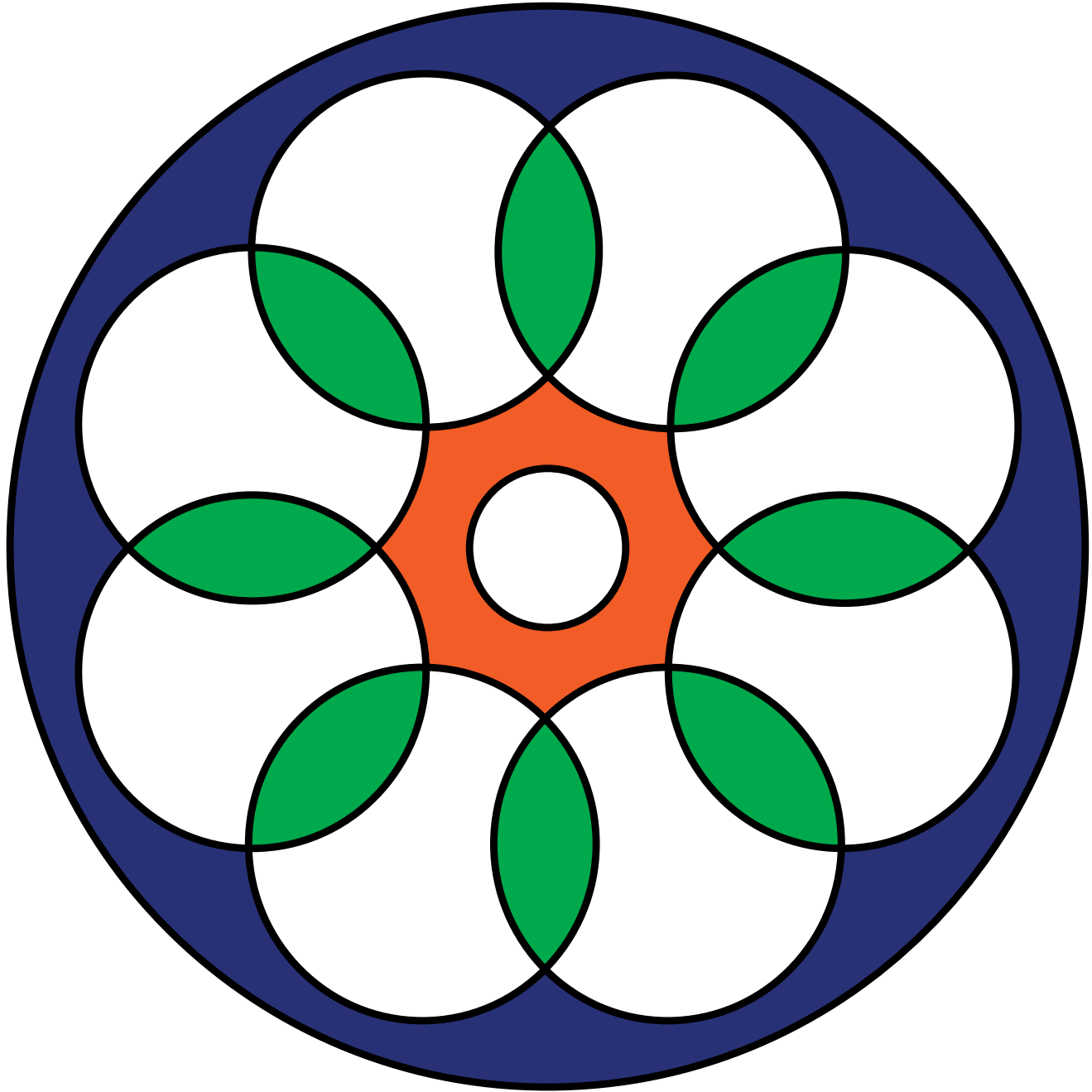
## 3. Vortex

For dynamism, enthusiasm, initiative, determination, the spirit of enterprise and adventure.

For discernment in relationships.

To harmonize mental and spiritual energy.

To regulate the Liver Meridian.





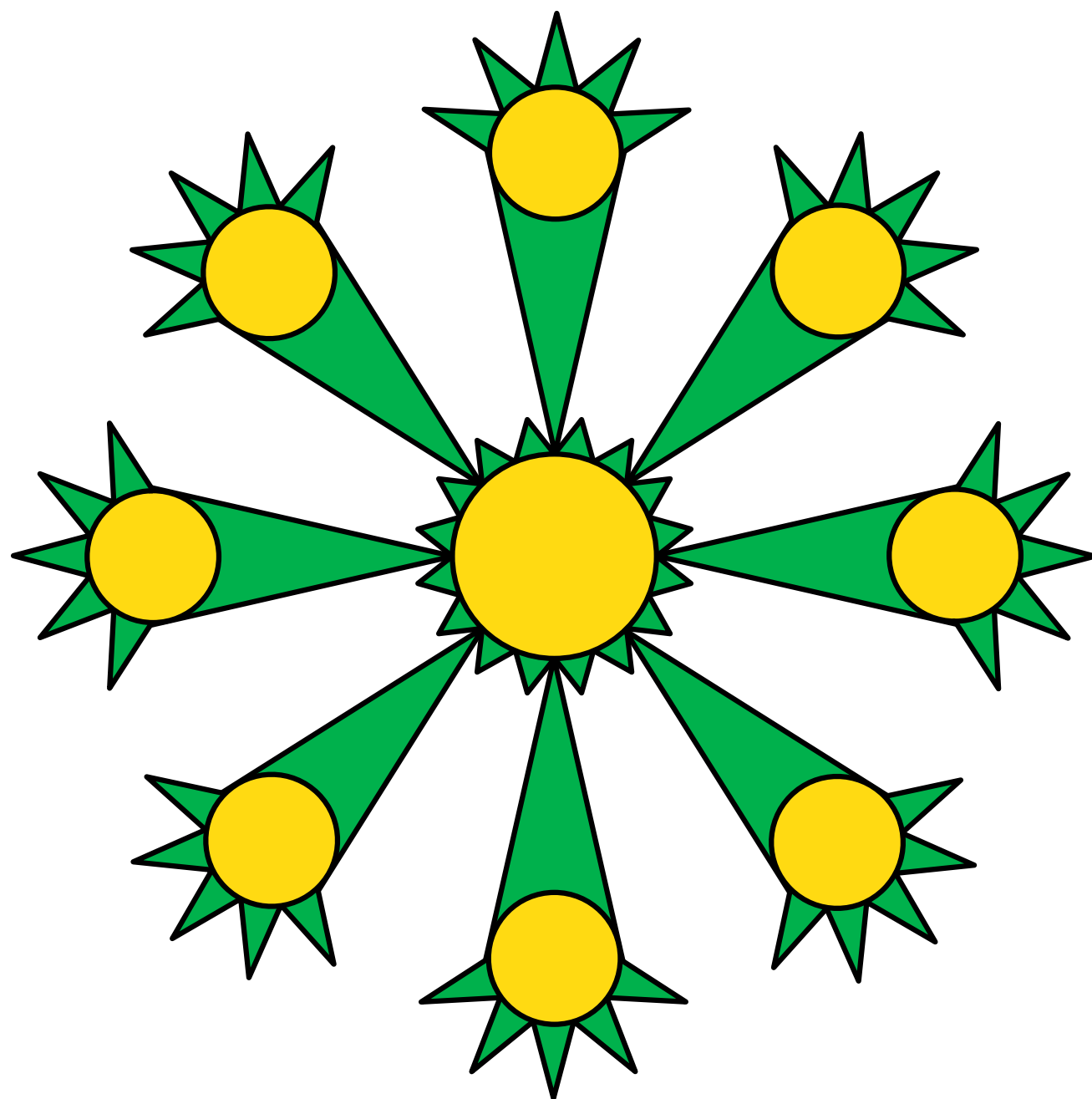
# HEALTH THROUGH THE EYES

## 4. Ring of Rings

For reassurance.

To encourage flexibility, detachment, a relaxed outlook, adaptability, willingness to let go of old attitudes.

For disturbances of the Large Intestine Meridian.



# HEALTH THROUGH THE EYES

## 5. Roundel

For cheerfulness, contentment, serenity, a clear view of the present.

For good relationships with others.

To restore emotional energy.

For disturbances of the Small Intestine Meridian.



# HEALTH THROUGH THE EYES

## 6. Sun Square

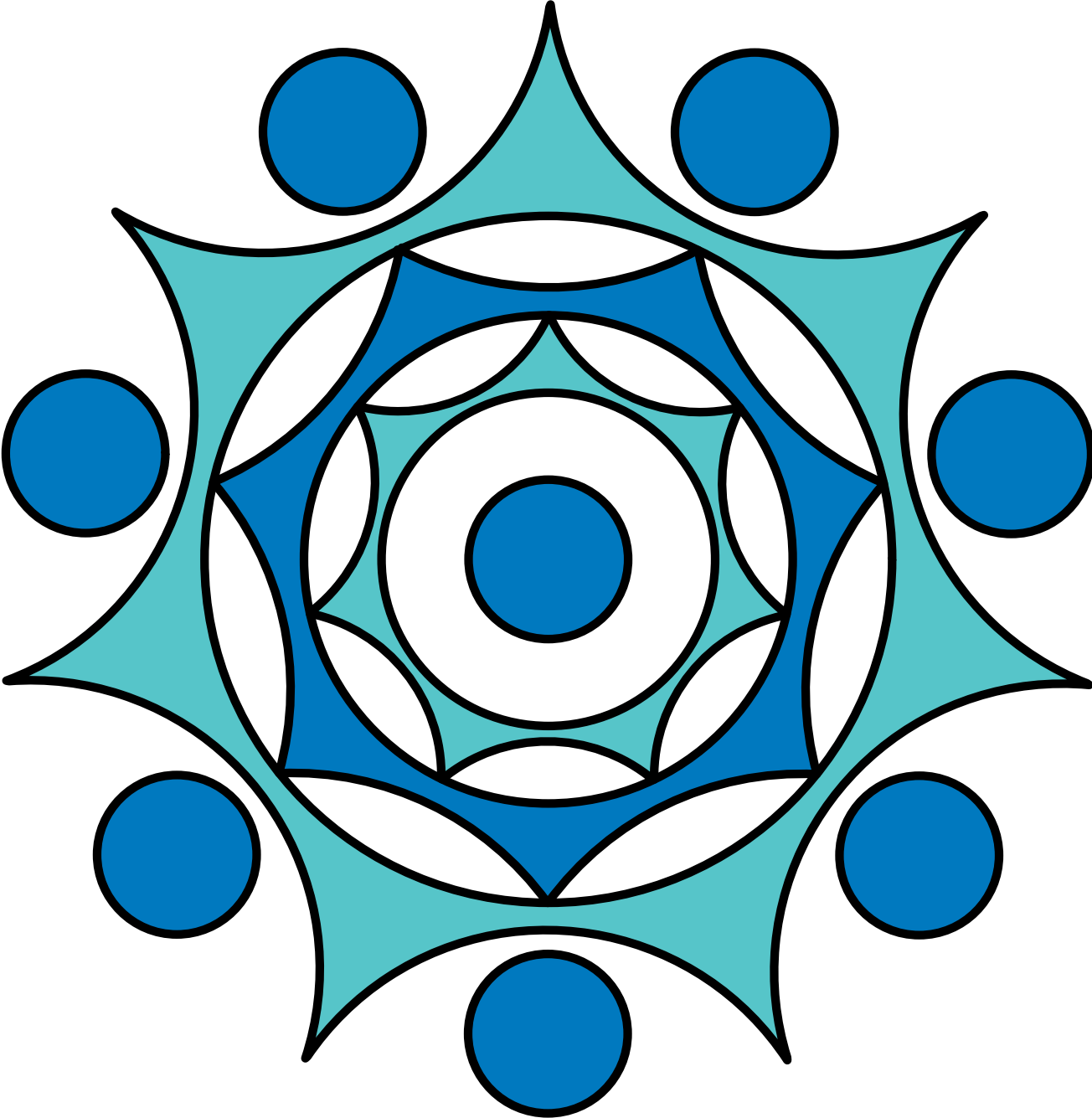
For strength, vitality, daring, self-assurance, resistance to outside pressures and influences.

To restore mental energy.

To transform a harmful atmosphere.

For protection.

For disturbances of the Heart Governor Meridian.



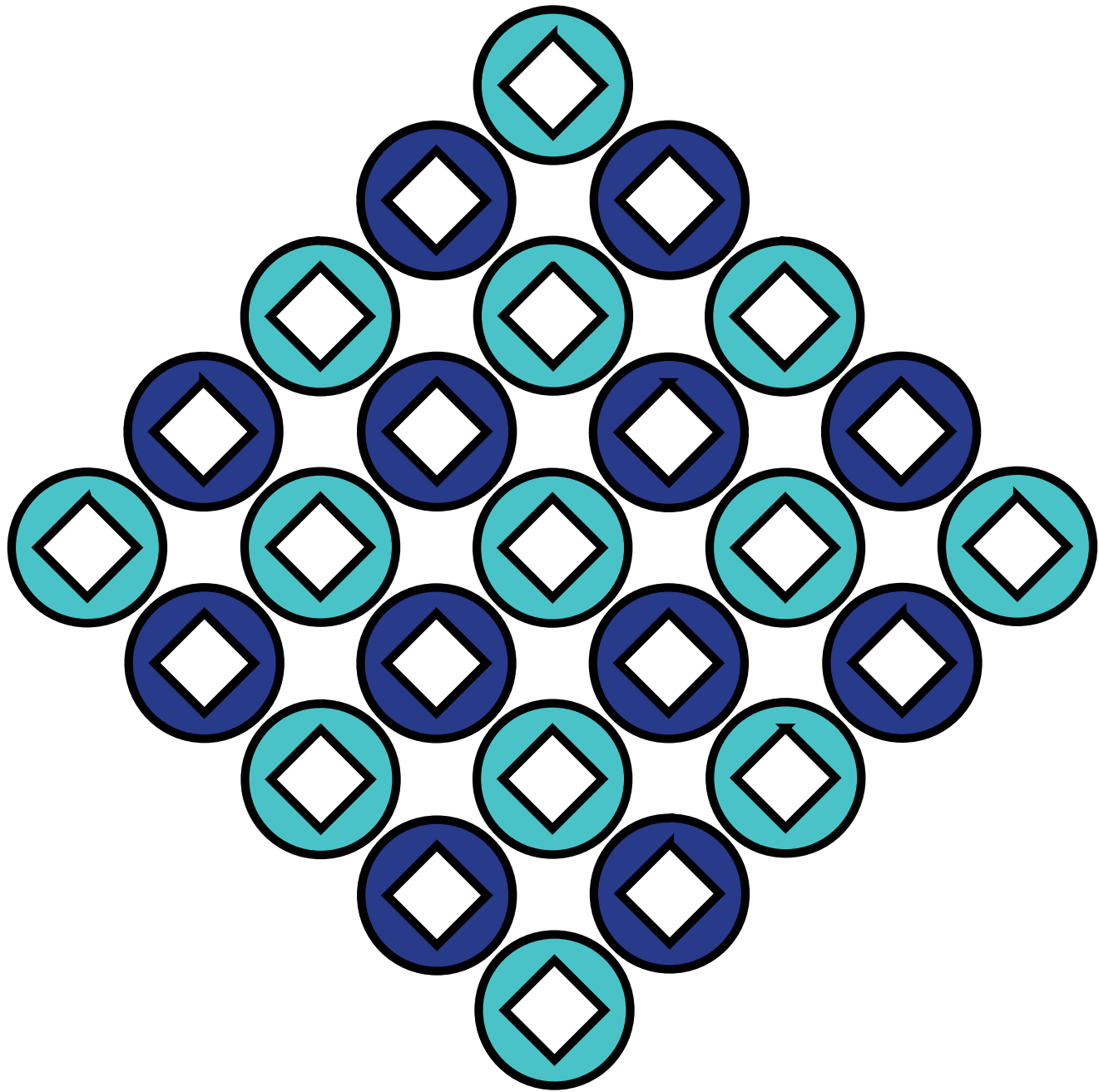
# HEALTH THROUGH THE EYES

## 7. Clear Tides

For peace of mind, lucidity, a clear view of the past and strength to move on.

To relieve emotional stress.

For lack of vitality in the Lung Meridian.



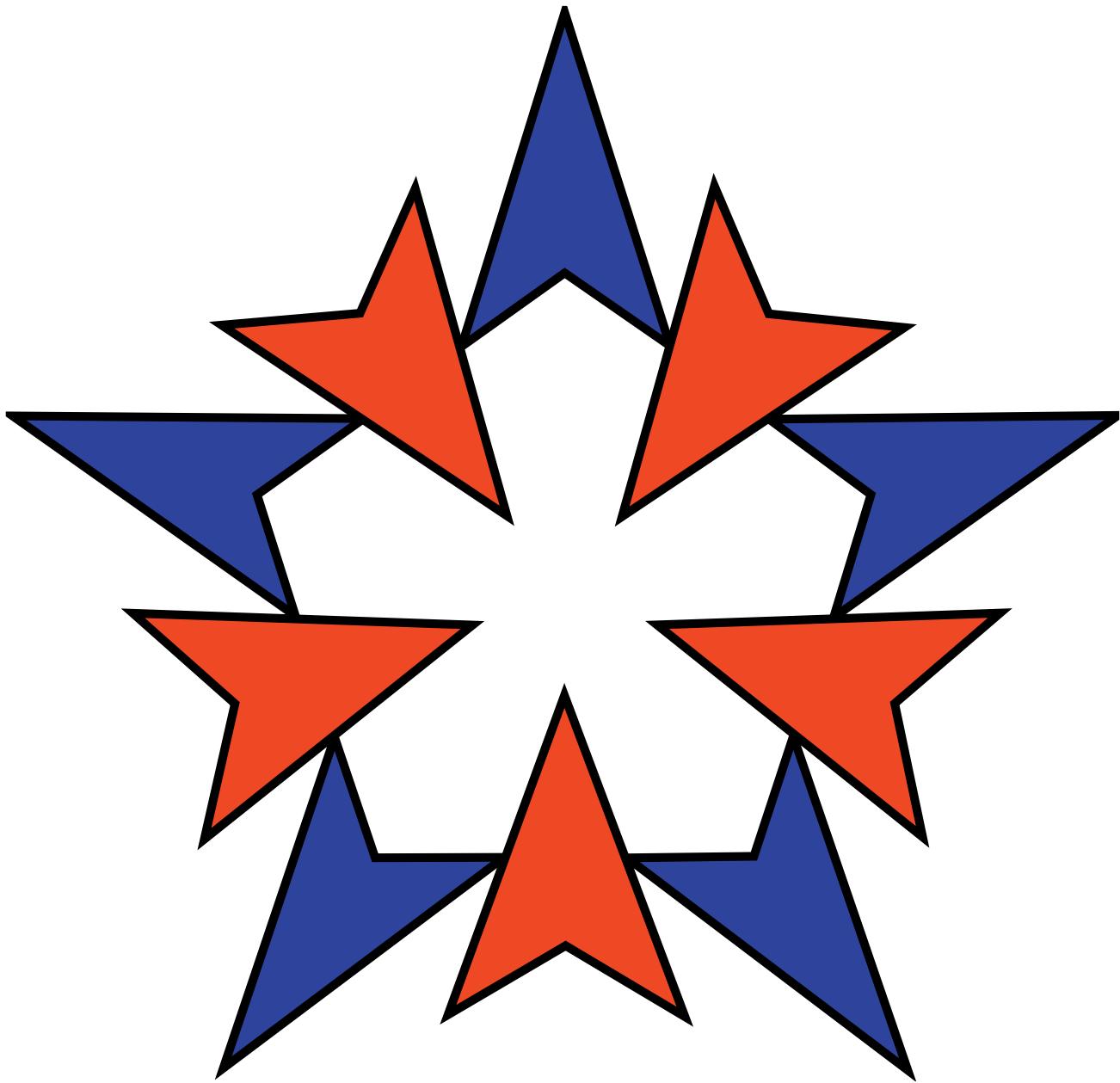


# HEALTH THROUGH THE EYES

## 8. Lattice

To still the mind, dissolve irritation, restore clarity, patience, equanimity and level-headedness.

For disturbances of Spleen-Pancreas Meridian.



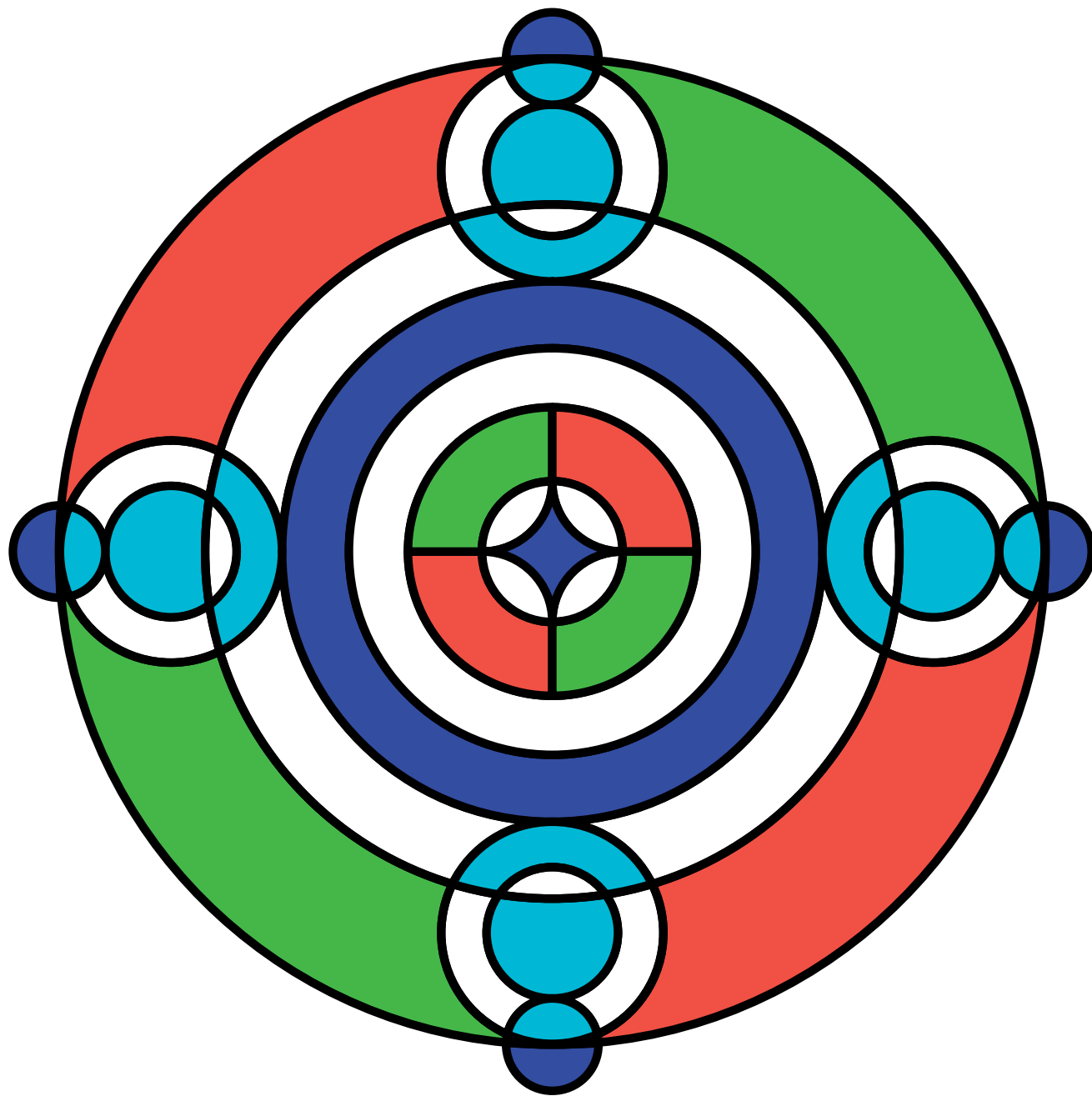
# HEALTH THROUGH THE EYES

## 9. Arrowheads

For decisiveness, tenacity, willpower, strength to assume responsibility.

To harmonize physical and spiritual energy.

For disturbances of the Kidney Meridian.



# HEALTH THROUGH THE EYES

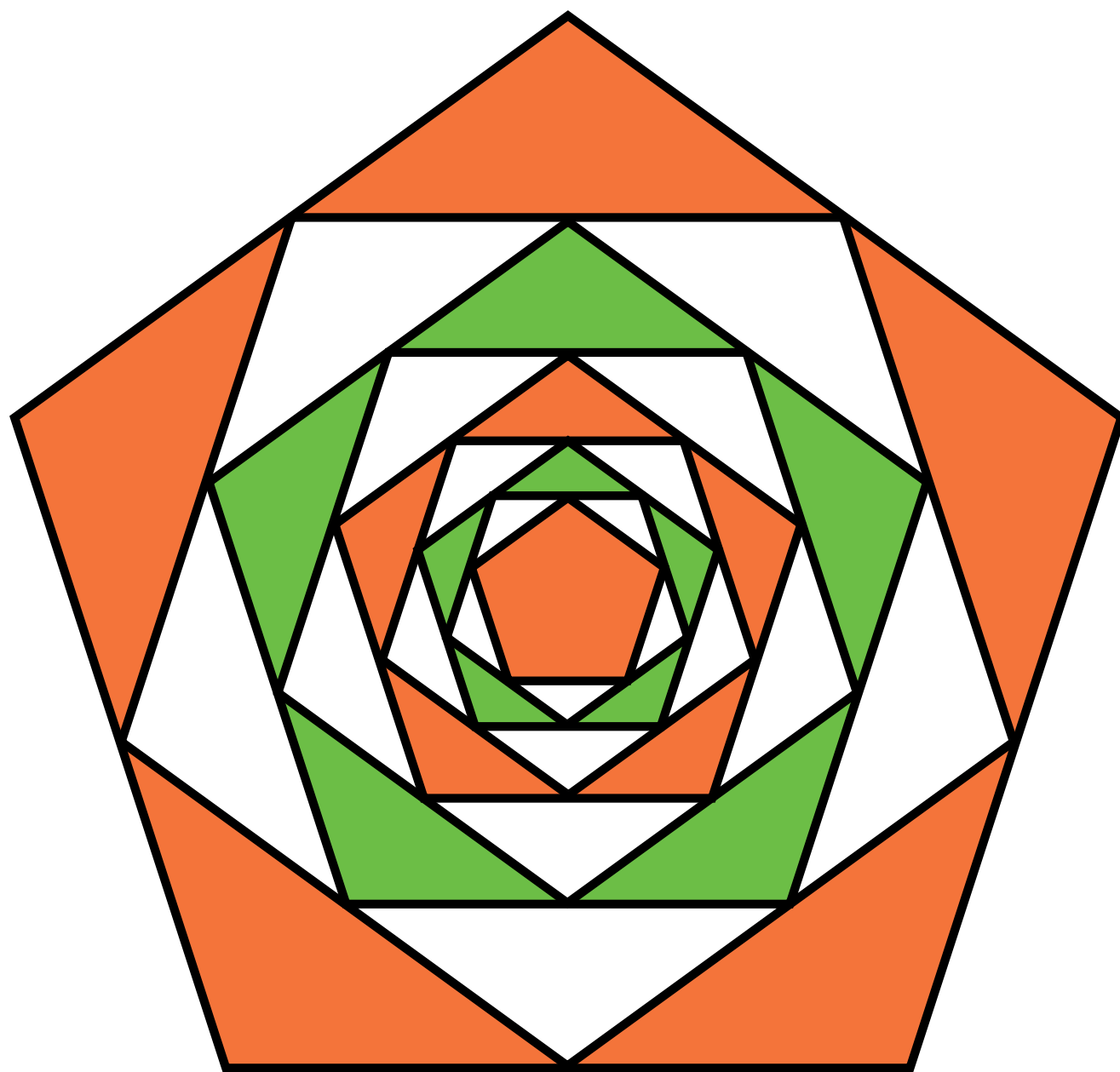
## 10. Quatrefoil

For fortitude, steadfastness, optimism, a quiet mind, warmth, tranquillity.

To harmonize physical, emotional, mental and spiritual energy.

For sleep difficulties.

For disturbances of the Triple Warmer Meridian.

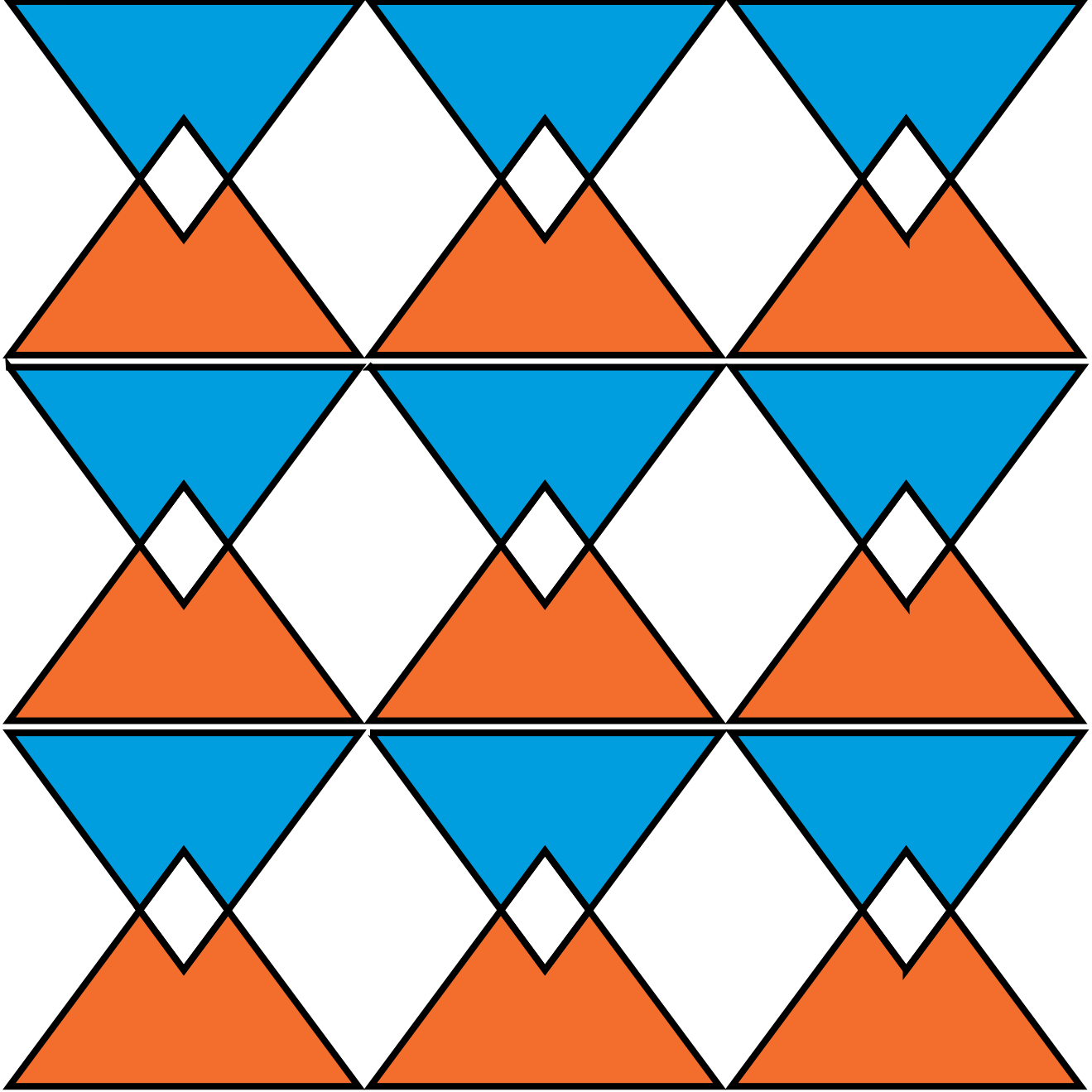


# HEALTH THROUGH THE EYES

## 11. Rose Pentagon

For courage, audacity, combativity, strength in adversity,  
self- confidence.

For disturbances of the Gall Bladder Meridian.





# HEALTH THROUGH THE EYES

## 12. Sky Pillars

For firmness, independence, self-control, resistance to mental pressures.

To harmonize physical and mental energy.

For disturbances of the Bladder Meridian.