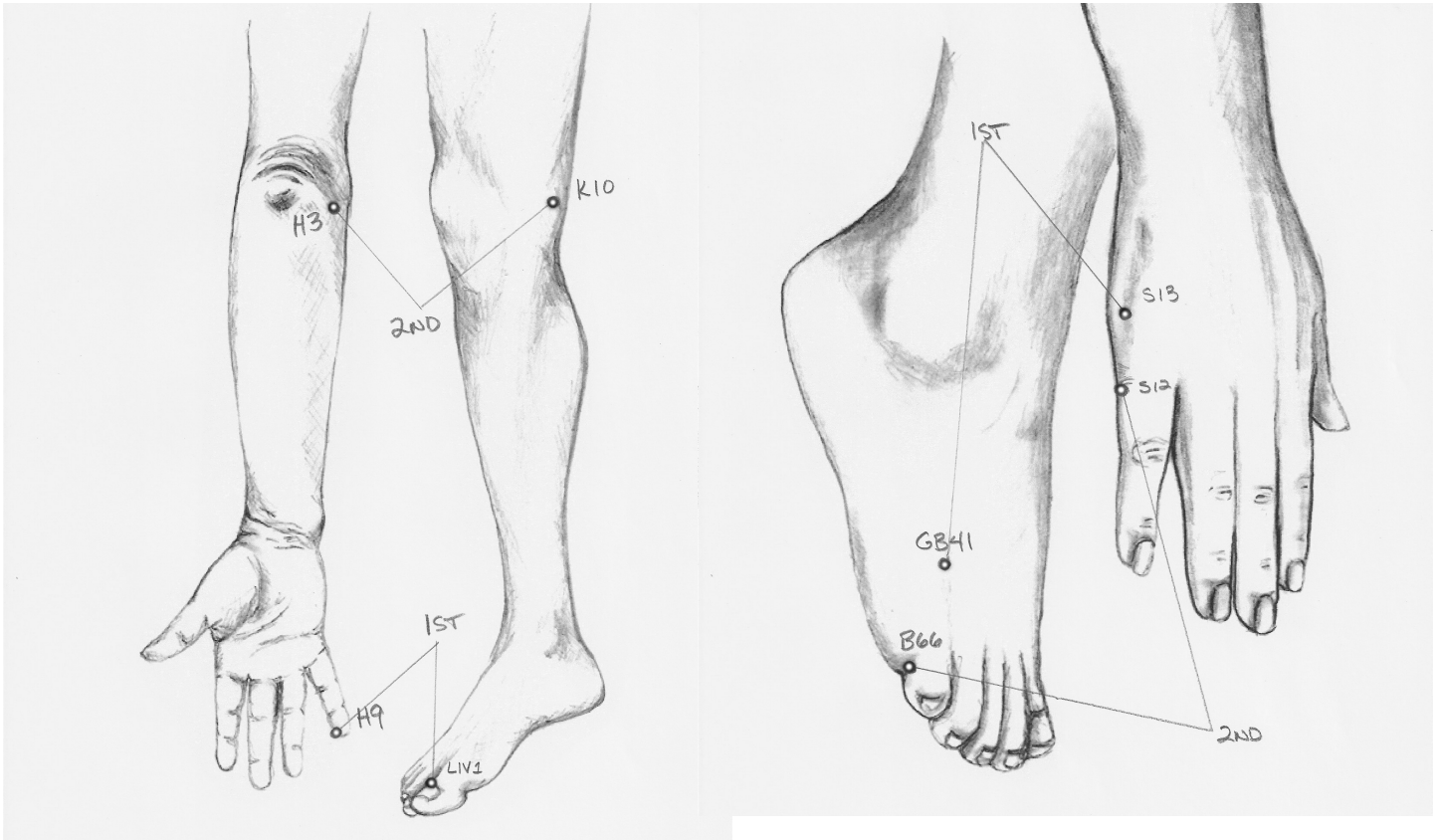


# HEART MERIDIAN

**Strengthening Points**  
Restore Meridian by  
Adding Energy

**Sedating Points**  
Restore Meridian by  
Releasing Excess Energy



Illustrations by Cindy Cohn

Source: Donna Eden's *Energy Medicine* (rev. ed.). Tarcher/Penguin, 2008.

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