

Correlations Between Emotions and Organ Systems

By Pam Wellbrock, www.wellbrocks.net

Positive Emotion	Negative Emotion	Organ	Peak Time	Peak Season	Predominant Color	Essential Oils
Soothed	Easily irritated	Urinary bladder	3:00 pm - 5:00 pm	Winter	Blue	Tea tree
Brave, honest	Fear, dread	Kidney	5:00 pm - 7:00 pm	Winter	Blue	Ylang-ylang
Peaceful	Anxious	Heart	11:00 am - 1:00 pm	Summer	Red	Lavender
Confidence	Uncertainty, lost	Small intestine	1:00 pm - 3:00 pm	Summer	Red	Tangerine, marjoram
Hopeful	Worry, despair	Stomach	7:00 am - 9:00 am	Late Summer	Yellow-Orange	Ginger, peppermint
Valued	Undervalued	Spleen/Pancreas	9:00 am - 11:00 am	Late Summer	Yellow-Orange	Bergamot, geranium
Joy	Grief	Lung	3:00 am - 5:00 am	Fall	Off-white	Orange, eucalyptus
Moving forward	Uptight	Large intestine	5:00 am - 7:00 am	Fall	Off-white	Cypress, wintergreen
Change easily	Hard to change	Gallbladder	11:00 pm - 1:00 am	Spring	Green	Lemon, nutmeg
Self-control	Easily angered	Liver	1:00 am - 3:00 am	Spring	Green	Oregano
Generosity	Greed	Circulation	7:00 pm - 9:00 pm	Summer	Red	Cinnamon, cloves
Stable	Unstable	Endocrine	9:00 pm - 11:00 pm	Summer	Red	Myrtle, clary sage
Contentment	Too sensitive	Nerves	Continuous	All seasons	Blue-Green	Chamomile
Hope, power	Stuck	Lymph	Continuous	All seasons	Orange	Thyme
Safe	Unsafe	Immune	Continuous	All seasons	Yellow	Frankincense
Right direction	Lack of direction	Joints	Continuous	All seasons	Red-Orange	Lemongrass
Forgiving	Overprotective	Fat	Continuous	All seasons	Blue-Green	Grapefruit
Honorable	Unprotected	Skin	Continuous	All seasons	Blue-Green	Basil

Meditation Technique

I am (insert positive emotion word) when I believe I can overcome being (insert negative emotion word). **Say and meditate on this throughout the day.