

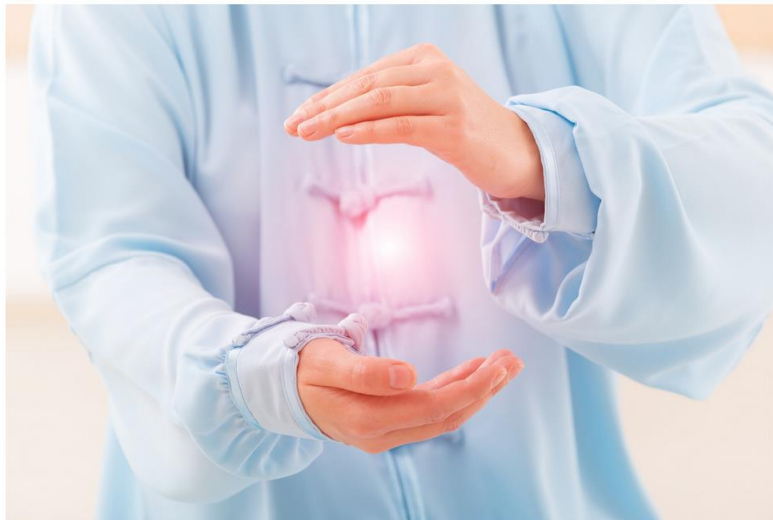
## Three Tan Tien - Rocking the 'Sea of Qi'

By Alexis Costello

We are creatures of energy and electricity. Meridians, chakras and auric fields, figure eight flows – these are all familiar to us. But in Traditional Chinese Medicine (TCM) there are more energetic flows to consider, including three pools or reserves of energy called the Tan Tien.

These energy pools can only fill up after we have sufficient chi in our meridian system. The organ meridians need to have a certain amount of power behind them in order for the individual to be healthy and get through the day, but as we all know from muscle monitoring as taught in Touch for Health and basic AK classes, this meridian energy can easily become depleted. When the organ meridians become depleted, they can draw on reserves in the system (the 8 Extraordinary Vessels) to regulate and replenish.

The Extraordinary Vessels are an important part of embryology – they contain the structural ideals for the growing body and organizational energy. But these can also become worn down over time.



Many martial arts traditions speak of the tan tien, though the emphasis is usually on the lower tan tien and sometimes the other two are ignored entirely. It is considered a center of regeneration and sexual energy but is also the center of gravity and of physical power. Many martial arts and breathing techniques tap into it – it's where the power comes from to strike forcefully at an opponent and is how we keep ourselves balanced on the ground. It is sometimes described as an 'energetic bank

account'. It seems that most traditions focus on storing/working with the energy here first, before looking at the higher levels of tan tien. The lower level is foundational.

The lower tan tien is described as a golden ball of energy located beneath the navel. With practice, the martial artist learns how to feel this energy ball and be able to utilize it in their flow. When people begin, they can't usually feel it, and many students believe that this is because they are not sensitive enough to feel it yet. However, masters may tell you that this is incorrect – the real reason they don't feel it is because they haven't built up a significant energy reserve. They don't feel the ball because there isn't enough there to feel.

Upper tan tien: located at the third eye (GV 24.5) and associated with the pineal gland.

Middle tan tien: located at the level of the heart (CV 18), related to storing spirit (shen) and the thymus gland.

Lower tan tien: located 3 cun below the navel (CV5), related to essence becoming chi and the seat of internal energy.

### **Qualities of Tan Tien:**

**Courage**

**Will**

**Power**

**Confidence**

### **Harmony between Yin and Yang**

Here I am presenting a new mode for working with the tan tien: thumb to middle medial segment of the electrical (little) finger. As with other modes, this works with a muscle test and can be used to identify an area of stress or a possible correction for stress.

Mode to specify tan tien: thumb to the space between 2<sup>nd</sup> and 3<sup>rd</sup> knuckles on the medial side of the electrical finger.

### **Tan Tien reservoir protocol**

Purpose: To work with the matrix between the tan tien and the meridians. This can mean the flow of energy to the tan tien for storage or the body's ability to send chi that has been stored to the appropriate meridian.

- 1) Check tan tien mode against the three tan tien (Upper/Middle/Lower), PL/IC
- 2) Determine the nature of the stress blocking the centre by running through finger modes – first IC = priority stress
- 3) Challenge with More mode (or the 'deeper function') to see if more information is needed, continue adding until you no longer get an IC
- 4) Tan tien / meridian hologram: find the appropriate meridian by scanning through alarm points, or with GEMS flowchart
- 5) Locate the priority point on the correct meridian (scan, test by number, etc). Pulse the energy centre and the acupoint bilaterally simultaneously (client can pulse tan tien)
- 6) Continue until no more acupoints show. Challenge by testing tan tien mode against the three centres again to see if you no longer get an IC. If you do get an IC, another meridian hologram may be involved and you can repeat steps 2-6.

Why is this important?

When the interface between the tan tien and the meridians is out of balance, then the body may be having trouble storing energy. Energy then 'leaks' out of the system inappropriately, or we end up with meridians that are overactive and stuck. It is the inability to save for a rainy day. If the meridian system is not able to retrieve energy from the tan tien, then this is also a problem. It's like there is money in the bank, but you can't access it. The idea behind this balance is to allow for balanced flow, for energy to be banked when it is in abundance and spent when needed so that the entire system is able to achieve optimum health.

Tan tien energy can be used to create and replenish wei chi protective energy.

Wei chi is like a protective energetic shield, located in the muscles and skin and the musculotendinous meridians and extending just out from the body into the etheric layer. Our modern world is particularly hard on wei chi because our energetic fields are constantly bombarded by electromagnetic radiation from cell phones, wifi, etc. Before something harmful interacts with our physical body it goes through all of these energetic layers. According to TCM our wei chi can be affected by the actions and thoughts of others and we need to take good care of ourselves and have strong boundaries in order to keep protected.

New format for working with wei chi: electrical mode x LV1

### **Wei chi balance**

Purpose: to identify and balance stress within the energetic immune system

- 1) Check wei chi format: electrical mode x LV 1, PL/IC
- 2) 'Fuzzy glove' to find any specific areas of imbalance, PL/IC
- 3) Use GEMS flowchart and scan sheets to determine stresses that are affecting the wei chi and add these into your circuit until you no longer get an IC on More mode  
OR: use verbal challenging with muscle testing to see if there are any other stresses that need to be included in this balance

Use GEMS flowchart to determine correction, or verbally challenge any corrections you know

Once we have an understanding of these other systems of energetic flow, we are able to work with the 5-elements differently. The 5-elements are used as fun metaphors for the way that that body and the world work in Touch for Health, but after the introduction we find in the TFH synthesis, some of us crave more understanding of the elements and the way they work on a physiological level – energetic physiology, or the subtleties beneath the organ function. Adding information about the tan tien and wei chi to the GEMS Elementals class allows us to take our understanding of the body's energetic pathways to a new level – balancing people more deeply and creating resilience.

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