



## TRIPLE WARMER

### It's Hotter than You Think

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#### **Abstract:**

Triple Warmer plays a larger role in the body's energies than has usually been described. It is a meridian. It is a strange flow. It is more. It is the energy system that governs the immune response, the fight-or-flight response, and the establishment of survival habits. Energy medicine practitioners are encouraged to check for triple warmer involvement in a range of conditions and to bring balance to triple warmer while activating the strange flows.

The energy system described by the term "triple warmer" is among evolution's great success stories. It governs three of the body's most extraordinary mechanisms:

1. The immune system
2. The emergency response to threat ("fight, flight, or freeze")
3. The ability to quickly form habits that insure safety and survival

With these strategies, triple warmer has helped millions of species survive over millions of years. But it evolved for a world that no longer exists. Triple warmer's essential task is to identify threat and to protect you, both internally (immune response) and externally (fight or flight). As civilization, and technology in particular, have advanced, the ability of triple warmer to sort out what is friend and what is foe has been overwhelmed, so that for many people, triple

warmer is on continual alert. Thousands of chemicals are in our foods that did not exist while triple warmer was evolving. It is triple warmer's task to decide which may harm you, even though it does not recognize them in your evolutionary heritage. The same is true of pollutants in the air, the artificial electromagnetic fields that surround us, even the pace and stresses of modern life can cause triple warmer to set off an emergency reaction.

Triple warmer takes charge of the meridian system and organizes its energies for this response. The entire emergency reaction may be triggered not only by actual threat, but it may be set off by any unrecognized stimulus, and it may become conditioned to a host of "false alarms." When the heart speeds up at the thought of entering an elevator or if it shuts down when another person is becoming too intimate or white blood cells start attacking healthy tissue, triple warmer is in overdrive. This is the dynamic

that explains many of the maladies people suffer.

### **Triple Warmer Is More than *Just* a Meridian**

The triple warmer meridian networks information to all the meridians and the organs they serve. It is governed by the hypothalamus gland, the body's thermostat and the instigator of the fight or flight response. In the states of fight, flight, or calm, triple warmer heats the body in three different ways. When the body is in relative balance, heat is distributed evenly throughout. When you become angry and are ready to fight, heat and energy rise. The chest, neck, face, and arms become red and flushed with blood in preparation for the battle. When your body prepares you to run away from danger, the heat and energy leave the upper part of your body and go to your legs so you can run faster. That is why your face turns white when you are terrified.

My sense of triple warmer differs from traditional descriptions. Triple warmer is the meridian that networks the energies of the immune system to counter an invader, but it functions in ways that are beyond the range of any single meridian. Triple warmer is not only a meridian, it also operates as a "strange flow" or "radiant circuit." Radiant circuits, like meridians, distribute energy, but they do not follow specific pathways. Instead they are more diffuse, and they intersect all of the meridians. Rather than staying on its own meridian line, triple warmer energy jumps its course and, like a radiant circuit, hooks up with the other meridians and organs. Though triple warmer seems to be a radiant circuit as well as a meridian, it is also conspicuously different from the other radiant circuits, which ensure cooperation, synergy, and peace. Triple warmer prepares the body for war!

### **The Militia Within**

The cellular level of the immune system--with its lymphocytes, thymocytes, memory B cells, helper and killer T cells, antigens, and antibodies--is a military display that is dazzling in its design, complexity, and intelligence. Triple warmer and the radiant circuits, however, activate this extraordinary assembly. It is in the interplay of the triple warmer and the other radiant circuits that your immune system's strategy unfolds.

Triple warmer is like the king who conscripts an army from the various locales, organs, and systems. It has complete authority, although it never conscripts energy from its queen, the heart. But if it so chooses, it can draft so much energy from any other part of the body that important systems become temporarily incapacitated--all presumably for the common good.

As commander-in-chief, the strategies available to the king are numerous and intricate. Passed down from one generation to the next, they evolved over many millions of years. Prototypes of the army's most basic maneuvers trace back at least to protozoa which had, over two billion years ago, learned to recognize and destroy foreign invaders.

I used to resist trite military analogies when speaking of the immune system. I like to think of myself as a peaceful person, and I didn't take well to the implication that a warlike intelligence in my body is necessary to keep me alive. But the closer you look, the parallels become inescapable between the immune system and a nation's military (protecting against outside invaders) as well as its police force (patrolling the local inhabitants). Even Hippocrates used fighting words to describe the body's response to invaders: "Disease is not an en-

tity, but . . . a battle between the substance of the disease and the natural self-healing tendency of the body." The military analogy is even more apt today because triple warmer, like our exceedingly militarized civilization, has become as much a threat to the common good as the antagonists it was designed to oppose. Autoimmune diseases, for instance, where the immune system turns terrorist and attacks the body's healthy cells and tissue, are on the cutting edge of the pestilences facing humanity. Unless massive changes are made in the way we relate to the environment--whose pollutants overwhelm the immune system until it begins to treat everything as the enemy--autoimmune disease is on the docket as *the* illness of the future.

One of the most difficult challenges for modern armies is distinguishing between friend and foe. For most of the history of civilization, the main military problem was how to mobilize an army that was powerful enough to fight off flagrant enemies. But as the world has become more complex, international, and interdependent, destroying life and resources in any one part diminishes the whole. It may also set off a chain reaction where covert alliances create a devastating counter-response. Moreover, the cost of attempting to arm and patrol against every possible foe has itself become one of the greatest obstacles to creating the conditions that would maintain peace.

The immune system also faces unprecedented challenges in distinguishing between friend and foe and in finding a balance between maintaining a strong enough protective force and perpetuating diabolical overkill. Triple warmer's habit for millions of years has been to treat whatever it does not recognize as an enemy. While this strategy did sometimes result in kindred forces being decimated by "friendly fire," triple warmer was not confronted with much it did

not already recognize. Today, however, we can transplant a kidney that the immune system can rightfully accept as friend or rightfully reject as invader. It did not evolve to make such distinctions. Moreover, we pump a greater variety of substances into the atmosphere in one day than, not so long ago, were generated by all of humanity in a century. Your body cannot possibly fight or even distinguish among all its encounters, and the job of triple warmer has become daunting.

This is not to say that triple warmer cannot rise to the occasion, but it needs allies. The forebrain, the seat of conscious thought, can join forces with the ancient and preprogrammed brain centers that control the immune system. Together they can counter the most convoluted hazards a body has ever faced. Some of triple warmer's most basic strategies are totally outmoded as it tries to walk the line between overprotection and underprotection. Autoimmune and immune deficiency disorders are, respectively, fight and flight responses in extreme. In autoimmune disorders, triple warmer, in panic, fights its allies. In immune deficiency disorders, triple warmer has gone into retreat. Conscious action is required if we are to retrain our immune systems quickly enough—for the first time in history, we must consciously effect evolution. And we can!

### **Triple Warmer in Overkill.**

The threat of military insurrection increases when danger is perceived all around. In a world crowded with stressors from which we can neither run away nor overcome with brute force, where much of the food we eat contains chemicals the human body did not evolve to assimilate, where electromagnetic fields and industrial pollutants bombard us daily, triple warmer, like an army abusing its authority to "protect

at all costs," often aims its weapons at friendly forces as well as invaders, at good citizens as well as traitors. Overwhelmed to the point of chaos, the immune system turns on the body it was designed to defend.

Triple warmer has no interest in your happiness or your spiritual development—only in keeping you alive. Unfortunately, its information about your survival has not had a major update in several million years. Yet triple warmer is still invested with the authority to override virtually any need in your body in order to mount an immune reaction. For your health, triple warmer ignites fevers and infections to fight disease. For your safety, triple warmer prompts the release of adrenaline to meet an emergency.

When I was twelve, the home of one of my classmates caught fire. After having safely fled from the house, she ran back into the kitchen, somehow encircled her family's new refrigerator within her 4' 10" frame, and *carried* it out of the house like a mother who has lifted the front end of a car to save her child.

Triple warmer is endowed with enormous power, but if it continually sets false alarms or sics the immune system's troops on the good guys, military waste spirals out of control. With its sights always set on your survival and not your happiness, and with its ability to override any need in your body short of your heart's beating, triple warmer can keep you on perpetual red alert. In chronic fatigue syndrome, the fight or flight response is perpetually engaged. Another response to threat is to freeze, a chemical reaction to the unexpected which is vividly depicted by a deer caught in headlights and commonly experienced when we are startled, yelled at, attacked, or in shock. Fight, flight, and freeze all exhaust the body.

## Autoimmune Disorders

In illnesses that have an autoimmune component—such as rheumatoid arthritis, lupus, Crohn's disease, Addison's disease, and multiple sclerosis—triple warmer in its overvigilance directs the body to attack its own tissue. Beverly, a young woman who was crippled from multiple sclerosis, had a session with me after she and her mother attended a class I taught in London. Beverly was on crutches. The trigger for multiple sclerosis can sometimes be an overwhelming shock to the system. Her illness traced back to a series of stresses during her teens, the crowning blow being the death of the grandmother who had raised her. It looked to me as if the nerves along the spine of this 27-year-old woman were still in shock, and this created a ripple effect in all of her energy fields. Her energies were not connecting properly. Her hypothalamus and triple warmer were in a perpetual state of emergency, keeping her immune system, nervous system, and circulatory system oscillating among fight, flight, and freeze.

I wanted to interrupt this unceasing emergency response. The entire first treatment was dedicated to communicating to her triple warmer that she was safe. I taught her techniques she could use at home. While I knew it would take time for her body to build new healthy energy habits, her symptoms were noticeably reduced after just ten days of using these techniques twice daily. This provided strong incentive for her to learn more advanced techniques. After unscrambling her energies and helping them to cross over in a consistent manner, it was possible for her to begin rebuilding the damaged nerve cells. Though conventional wisdom holds that such damage is irreparable, this has not been my experience. Calming triple warmer has an impact where other treatments fail.

Like many multiple sclerosis patients, Beverly was hypoglycemic. Consuming more protein proved to be an important dietary change. Getting her cerebrospinal fluid pumping more vigorously was also important. After I returned to the U.S., I monitored her over the phone about once each month, adding techniques as needed. When I saw her the following year, she was walking without crutches.

The year after that, Beverly was so markedly improved that the hospital which had once treated her was referring patients to her. She started holding multiple sclerosis self-help groups in the hospital to teach the techniques she had learned. She was soon managing her illness so well that the last I heard, she was pursuing a career in energy work, specializing in multiple sclerosis.

Certain hazards are introduced when you treat others who have your own vulnerabilities. This is particularly true with an illness such as multiple sclerosis where the body fails to make good distinctions about what is dangerous. Like many multiple sclerosis patients, Beverly had difficulties with boundaries, and this difficulty is mimicked by the disease. If Beverly is to continue to work with multiple sclerosis patients, she will be challenged from both sides. She is required to stay vigilant about her own boundaries while helping her patients with theirs.

### **Allergies and Other Environmental Afflictions**

While triple warmer imbalances are implicated in multiple sclerosis, diabetes, hypoglycemia, premenstrual syndrome, and menopause, simple allergies illustrate the basic dynamics of an immune system overaction. The immune system can be conditioned like Pavlov's dogs. In one experiment a group of people were given sherbert

along with a shot of adrenaline, which increases the activity of the immune system's natural "killer cells." After several of these treatments, the injection was changed to an inert substance, yet the sherbert and the placebo injection continued to increase immune cell activity. I know a woman who, as a girl was eating red grapes at the moment she learned her mother had just died in a car crash. She has been violently allergic to red grapes ever since.

Here is how this works with a typical allergy to dust. Dust is a potential danger to the lungs. The respiratory system is equipped, through coughing or sneezing, to keep excessive amounts of dust from entering the nasal passage. In the case of an allergy to dust, triple-warmer has registered the respiratory system's violent reaction to the substance. It sends an alert to the entire body that dust is a danger and should be avoided even at great cost. All systems go on alert. Dust on the skin or the hair then provokes the same response originally produced by dust in the nose.

An allergy to dust is based on flawed logic; it is a faulty generalization. Registering that dust is toxic to the respiratory system, triple warmer mounts a defensive response whenever it detects dust. Sometimes a substance that happens to have been present during a traumatic event becomes an allergen through conditioning, as with the girl who was eating red grapes when her mother died. Familiar as well as unfamiliar substances may be targeted in such immunologic overreactions.

A 13-year-old boy was so incapacitated by hay fever every spring that he could not function in school. He was miserable with swollen, red, itchy eyes, wheezing, and an inability to think, though he was generally a superb student. He dreaded the approach of spring each year. I took him to a

field near his home and energy tested every weed and plant that might be causing his allergy. Upon finding the offending plant, I brought both him and the plant back to my treatment room. I placed the plant on his stomach and in both of his hands. He was miserable. I held acupressure sedating points that help the triple warmer meridian to relax.

Immediately, some of the reactions calmed, but only slightly. Triple warmer was still fighting like a warrior, battling to protect his body against this plant. My next step was, while leaving the offending plant on his body, to balance all of his meridians in sequence and to clear each of his chakras. I then strengthened his triple warmer meridian by tracing it several times. This may seem an odd choice because triple warmer has been compulsively drawing energy from the meridians and stockpiling it. But funneling energy directly into his triple warmer meridian decreased its need to pull so much energy from the other meridians. After establishing this alliance, the risk of his triple warmer treating me and these interventions as additional invaders was diminished. Then as his meridians were rebalanced, triple warmer finally backed off, and he laid there in my treatment room without any reaction to the plant whatsoever.

But allergies and environmental illnesses can rarely be corrected in a single treatment. Even though the person may seem fine at the end of the session, and the benefits may maintain themselves for several days, triple warmer's habitual patterns tend to return. The new pattern does not tend to hold. The procedures that establish it must be repeated daily, for about thirty consecutive days according to my experience, before the new habit is stabilized. To build a new pattern, I gave the boy the daily assignment of touching the offensive plant while another person was holding triple

warmer sedating points and then tracing the meridian. He also tapped acupuncture points related to the sinuses, toxin control, and immune function. He was without symptoms the following spring.

I use the basic strategy illustrated by this case with all allergies and environmental disorders. First, you have to figure out what triple warmer has falsely judged as foe, and then you have to outsmart it so it doesn't initiate a military alert when there is no danger. Exposing the boy to the plant, while at the same time reinforcing all of his energy systems, established a new pattern that eliminated the message of danger, quieting the allergic response. His immune system's reaction to the plant was, in the sense of Pavlovian conditioning, re-conditioned. The plant became associated to an internal balance rather than to triple warmer's assessment that it was a dangerous substance.

Few problems are more challenging and elusive than environmental illness. The triple warmer meridian has been one of the great success stories in species survival, and it does not have much incentive to alter its ways. Its habits are set, and to try to change them is a formidable undertaking. Triple warmer also tends to treat the healer or the healing intervention as the foreign invader. Beyond that, the toxic environment is always there, so the body is under real and present danger, even as you are trying to teach triple warmer to lay off the emergency buzzer.

How can we protect ourselves? Individually and collectively, we certainly need to become smarter about what we are doing to our habitat and about the foods we ingest. Energy testing provides instant information that can alert you to immediate perils. It is not necessary to eat food that is going to impair your energies. Energy test it. It is not necessary to buy a rug that is go-

ing to be continually draining your energies. Energy test it. Your immune system is challenged enough without your smothering it in a lifestyle that exposes you to unnecessary hazards. Our stereotypes about what is and what is not healthy are not, however, reliable guides. With my reputation in my home town as a spokesperson for natural healing, it's very funny to me to see people's reactions when they "catch" me eating a hot dog at the local 7-11. Sometimes hot dogs test weak on me, but with my hypoglycemia and a sodium deficiency, they are at other times nature's perfect food.

### Energy Techniques for a More Discriminating Immune System

You can convert your immune system, from a mean, indiscriminate, fighting machine to an astute, discriminating, protective friend. To get a compromised immune system functioning properly, the first step is to make sure your energies are crossing over from the left hemisphere to the right side of the body and from the right hemisphere to the left side of the body.

**Homolateral Crossover.** When your energies are moving straight up and down each side of your body, like parallel lines, the pattern is referred to as "homolateral." You are operating at less than 50% efficiency if your energies are not crossing over from each hemisphere to the opposite side of the body. *And you cannot get well if your energies are homolateral.* It is that simple. It is hard to think clearly. You tend toward depression as all of your physical processes slow down. Your senses are less acute—you can't see, hear, smell, touch, or taste as well as at other times. You feel less alive. Your triple warmer may be hypervigilant, yet your immune system can't heal you from illness.

In addition, whatever else you may be doing to improve your physical health, the benefits are less likely to endure if your energies are homolateral. In fact, the best energy methods I know, even those I suggest wholeheartedly, may not work if you are in a homolateral state. Even walking will weaken you. Walking has a natural cross-over effect, but if your energies are homolateral, walking goes against the flow of your energies, so the very kinds of exercise that should benefit you wipe you out. Fortunately, you can get your energies crossing over again.

One way to determine if your energies are crossing over properly is to attempt a cross crawl (simply walking or marching in place is the simplest cross crawl, being sure that the left arm and right leg lift simultaneously, and then the right arm and left leg). If you find that the cross crawl is difficult for you, that you cannot easily coordinate your opposite arms and legs, or that just starting to do the cross crawl confuses or exhausts you, you are probably in a homolateral state. If your energies are running in a homolateral pattern but you are walking or marching in the natural cross-crawl pattern, you are literally moving against your own flow. There is also an energy test to determine if your energies are homolateral:

1. Draw a large X on one piece of paper and two parallel (top of the paper to bottom) lines on another.
2. Look at the X. Have someone energy test you.
3. Look at the vertical parallel lines. Energy test again.

If your energies are crossing over properly, looking at the X will be in harmony with your internal state and you will test strong. Looking at the parallel lines will momentar-

ily jar your energies, and you will test weak. But if your energies are homolateral, the opposite will occur. The X will weaken you; the parallel lines will strengthen you.

If you are chronically exhausted, if you are ill and for unknown reasons are not getting well, if standard remedies aren't working, your energies are probably homolateral. You can have someone energy test you, but you can also trust your inner knowing. The strategy for getting your energies to cross over again begins by physically aligning your body with the parallel pathways in which its energies are already flowing. Rather than going against homolateral energies, you begin to move in harmony with them when you start with the homolateral crossover (time--about 3 minutes):

1. Begin with the "three thumps" (K-27/Thymus/Spleen Neurolymphatics), breathing deeply. Some of these exercises are illustrated in my book, *Energy Medicine (EM)*. The three thumps are shown in Figure 3 on page 51. By activating the kidney, spleen, and thymus, the three thumps wake up your energies, making it easier to do the homolateral crossover.

2. March in place, but rather than lifting opposite arms and legs as in cross crawl, lift your right arm with your right leg and then your left arm with your left leg. Breathe deeply throughout the entire routine.

3. You can adapt these instructions for standing, sitting, or laying down. If you are too ill or too weak to move your limbs, another person can lift them for you. But find a way so you can do it even if you don't have someone to help you. If you are doing this exercise while laying down, you can place your legs on large pillows or, if you are sitting, you

can place them on a stool so you don't have to lift so high. This is not a "no pain, no gain" arrangement. Straining yourself sends your energies back into homolateral, so make it easy on yourself and rest whenever necessary.

4. After about twelve lifts of your arms and legs in this homolateral pattern, stop and change the pattern to a cross crawl--lifting the opposite arm and leg--again for about twelve lifts. If it is difficult to coordinate a cross crawl, you can touch your right hand to your left knee and your left hand to your right knee as you step.

5. Repeat the pattern twice more--twelve homolateral movements then twelve cross crawls. Anchor it in by ending with an additional twelve cross crawls.

6. End with the three thumps. Now that your energies are moving in their natural direction, the benefits of tapping the K-27, spleen, and thymus points will be multiplied and your vitality enhanced.

Do this routine twice each day until the new pattern becomes established. It might take ten days for a crossover pattern to stabilize, or as many as thirty days, but you will also probably feel immediate benefits. And the long-term benefits can tip the balance from being ill to getting well or from being depressed to feeling cheerful.

**Sedating Triple Warmer.** Any time you are feeling overwhelmed or a little crazed, you can sedate the triple warmer meridian. One quick method is to flush it (time--under 20 seconds):

1. To flush triple warmer, trace the meridian backwards (see Fig. 18, p. 105 of *EM*). Breathing deeply, place the fingers



of one hand on the opposite temple, trace around your ears, down your shoulders, and pull the energy off your fourth finger.

2. Repeat several times on each side.

A second method is to "smooth behind around the ears," which also traces part of the meridian backward (time--about a minute):

1. Rest your face in your hands, palms at your chin, fingers at the temples. Hold this for two breaths.

2. Breathe in deeply and lift your fingers two or three inches, smoothing the skin from the temples to above the ears.

3. On the exhalation, circle your fingers around your ears, down the sides of your neck, and hang your hands on the back of your shoulders, pressing your fingers into your shoulders.

4. Stay in this position through at least two deep breaths. Then drag your fingers slowly over your shoulders with pressure. Once your fingers reach your clavicle, release them and allow them to drop where they may.

A third technique is to hold your triple warmer sedating/releasing acupuncture points. Or totally relax into the experience by having another person hold them. Anxiety, anger, or terror melt away as you surrender to another's touch. If you are going to be holding your own points, begin by finding the most comfortable position you can so you are not adding more stress to your body by testing it. I like holding them in the bath tub. Do not be overly concerned about being *exactly* on the point. By using the pads of three fingers, you won't miss. Adapt these instructions if someone else is

holding your points. To sedate triple warmer (time--about 6 minutes):

1. Place your fingers on the "first" triple warmer sedating points (Fig. 26, p. 122). One point is located a hand's width beneath the knee, just outside the shin bone. The other is just above your elbow, in line with your fourth finger. Place your right hand on your left arm and your left hand below your left knee. Hold for up to two minutes.

2. Reverse the position, holding the "first" points on the other side. Again hold for up to two minutes.

3. For the "second" sedating points, place your left middle finger in the indent at the outside of your little toe. At the same time, place the fingers of your right hand on the back of your left hand, about an inch below where your fourth and fifth finger join. Hold for about a minute.

4. Reverse the position, holding the "second" points on the other side. Again hold for about a minute.

**Reprogramming Triple Warmer to Stop Attacking Friendly Forces.** If you are allergic to a food, a plant, or other substance that most people find to be user-friendly, you can usually retrain your immune system. You will need a bit of that substance for this procedure. Use good sense—if you cannot at all tolerate placing the substance on your body, you will need a professional to help you reprogram your body's response to it. This method is presented in three variations of increasing complexity, but also increasing potency. They can be combined for a cumulative effect. The first does not require a partner. Begin with the cross-crawl (or the homolateral crossover if your energies are running ho-

molateral, see above), the Wayne Cook posture (Fig. 6, p. 76), and then sedate triple warmer (see above).

VARIATION 1 (time--less than 2 minutes):

1. Place the suspected allergen on your body.
2. Breathe deeply while vigorously thumping the K-27, thymus, and spleen points.
3. Tap the stomach points on the bone beneath your eyes (Fig 37, p. 238).
4. Tap the triple warmer points at the back side of each hand between the bones that separate the fourth and fifth fingers (Fig. 38c, p. 238). Tap each point vigorously for about 20 to 30 seconds.

VARIATION 2 (time--about 3 minutes):

1. With someone else holding your triple warmer sedating points (Fig. 26, p. 122), place the suspected allergen on your body.
2. Turn over, place the allergen under your stomach or on your back and have your partner treat you to a spinal flush (p. 81).
3. End by doing or repeating "Variation 1."

VARIATION 3 (time--about 3 minutes):

1. Place the suspected allergen on one of your 14 alarm points (Fig. 25, p. 112) and have someone energy test to find out if the related meridian might be affected by the allergen. Continue through all 14 alarm points.

2. For each meridian that shows weak, tap the acupuncture strengthening point for 15 to 20 seconds (Fig. 38, p. 238).

3. Tap the stomach and triple warmer points (Figs. 37 and 38c, p. 238).

4. End with the "three thumps."

You may see immediate results or improvement within two or three days. I suggest, however, that you use the techniques daily and re-test after about ten days. It took me 17 days using these methods to overcome my allergy to wheats and grains. If your health is frail or is deteriorating, your body may not reverse an allergy. Triple warmer may be too threatened, its priorities may be elsewhere, or it may know something you don't about the substance in relation to your body's unique chemical and energetic make-up. If you find you do not become desensitized, believe in your body's wisdom and know that this substance is, at least for the time being, not a friend.

**Reprogramming Triple Warmer to Stop Attacking Your Body.** Triple warmer governs hysteria. When you are hysterical, you may find yourself yelling at someone you love, or "losing it" in any number of situations. When triple warmer "loses it," you "lose it." Imagine triple warmer as an inner police chief who is working overtime, 24 hours every day, with no holidays, trying to protect you. He is giving his all to safeguard you, yet in the case of autoimmune disorders, he is receiving continual reports that the dangers facing you are becoming endemic. But the Mayor and the City Council (you and the other systems of your body) are just ignoring the problem. You are living your life the way you've always lived it. You've got the same job, the same spouse, the same kids, the same stresses, the same eating habits, the same polluted environment. So the police

chief redoubles his efforts. But the crime scare continues, and the Mayor says "Sorry, just keep doing your job." Eventually, the police chief snaps. He has been giving his entire life caring for you. In charge of a deteriorating situation, he has been feeling utterly alone. Now he loses it. He turns his weapons on the City Council. This gets your attention.

To begin reprogramming your immune system, the first thing you can adjust is your attitude. For instance, self-judgment triggers different biochemical pathways in your immune response than self-compassion, and activating compassion for yourself can be a critical step in reversing autoimmune disorders. Rather than being angry at your body because of an allergy or autoimmune disease, you can help a crazed triple warmer meridian loosen its grip by entering into conscious partnership with it. It is not enough to tell it to lay down its weapons. That only makes it crazier. But if you come in with energy techniques that are attuned to your body's needs, triple warmer senses that it is not the only one fighting in your behalf, and some of its panic immediately dissolves. Energy medicine in fact offers a better surveillance system than triple warmer's two-million year old equipment, and you can help it update its strategies and promote its sense of safety. Keeping your energies crossing over and balanced serves to insure your immune system that a higher intelligence is on the job, assisting it with its critical mission.

**Emotional Overload.** A young woman burdened with a terrible secret came for a session. Her secret was that she feared she would harm her children. Extreme stress showed in her aura as a purple-black energy. It surrounded her body and was suffocating all her other energies. She was frightened and overwhelmed and unable to deal with the simplest things. She consistently

screamed at her children, and she cried herself to sleep every night. Her husband had his own struggles trying to earn enough to support their three young children, so she did not feel she could complain to him. She put a lid on her self-expression, and I believed she was indeed a danger to her children.

It is rare for me to hold neurovascular points for more than three to four minutes, but I held hers for at least half an hour, until the panic finally calmed and the stress began to stream out of her body. I taught her exercises to do at home for unscrambling her force fields and bolstering her reserves. Along with the Daily Energy Routine, I had her begin her mornings with the hook-up (p. 119) and Separating Heaven from Earth (Fig. 39, p.250). In addition she agreed to "flush" triple warmer each day, especially when she felt extreme stress. She held her neurovascular points whenever she took a bath. At the end of each day, her husband massaged her neurolymphatic points and held her triple warmer sedating points as well. I have continued to see her on occasion for years now. From the time she learned how to manage her triple warmer energies, she knew her children were no longer in danger.

**Fight, Flee, Freeze, or Calm Triple Warmer.** While violence toward a child or a spouse can never be condoned, the tendency toward violent outbursts is more complicated than a simple failure of discipline or moral strength, and preventive measures that do not recognize the deeper dynamics perpetuate the problem. When your hypothalamus, which governs triple warmer, senses you are unsafe, it floods the body with stress hormones that prompt you to fight, flee, or freeze.

In our civilized lives, however, we do not burn off the stress hormones, and our

bodies literally overdose on them. With these natural but powerful drugs coursing through your veins, insisting that you fight or run, triple warmer stays in emergency alert. It continually seizes energies from your other meridians because the emergency is given priority. As your body tries to conserve energy and slow you down, meridian energy begins to run backwards and stops crossing over. Your fuse is shortened. Your patience is taxed. You cannot think clearly. You feel overwhelmed. This entire cycle perpetuates itself, becoming a closed loop until your body is able to rid itself of the stress hormones. The timeworn path for accomplishing this is to burn them off by fighting or fleeing. And the impulse when stress hormones build up is still to take the most immediate route possible, which often involves blowing up inappropriately. That this psychological response has such a strong physiological basis should afford some compassion for yourself and others.

A judge who had taken a class with me referred a 25-year-old man who had, in a single episode, beat up his wife, hit his child, and attacked a neighbor who tried to intervene. Up to that point, no one had ever seen him even be angry. He was always the supportive one, the nice guy. The judge told me, "Before I sentence this man, I want to go out on a limb and ask you if this is one of those 'triple warmer things.'" It was. The man was responsive to the routine I am going to show you below, and having two more individual sessions and taking a class with me was his sentence. His recidivism rate has been zero, and he still schedules an occasional session when he thinks his stress level is getting out of hand.

If clients come to me distraught, terrified, overwhelmed, explosive, or suicidal, I generally sedate triple warmer and clear the neurolymphatic points (Fig. 42, p. 274) early in the session. This provides the release

they are needing without their having to scream, explode, run away, or beat somebody up. Once triple warmer has been sedated, all of the other meridians become stronger, and the body responds as if a crisis has passed. While sedating triple warmer curbs its overvigilance, it does not compromise its effectiveness in protecting you.

**Easing Emotional Overload.** When you are feeling emotional overload (time--about 2 minutes):

1. Begin with one or more of the following: hold your neurovascular points (Fig. 36, p. 217), sedate triple warmer (as above), and/or do the crown pull (Fig. 5, p. 70).
2. Then place the fingers of both hands so they meet at the back of your neck. Push in and pull your fingers apart. Repeat and work down your neck to the top of your shoulders.
3. Place one hand on the back of your head and the thumb and first two fingers of your other hand at the middle of your forehead. Stretch the skin with your thumb and fingers pushing in opposite directions, until your hand is over your forehead as you might position it to block the sun. Breathe deeply as you hold this position.

**When Triple Warmer Needs a Boost.** Sometimes, when an illness seems to be winning, the best interventions strengthen the immune system rather than attack the disease. When triple warmer disables you, leaving you in a stupor or fever, it is on the job. It is networking your thymus, spleen, and lymphatic systems into an acute immune response, while preventing you from lavishing your physical and emotional resources on anything but survival and healing. In autoimmune and environmental disorders, it is vigilantly engaged when it should be relaxing. At other times, triple warmer re-

treats from battles that need to be fought. Perhaps it collapses in exhaustion. Perhaps it has been fighting for so long with no victory in sight that it simply gives up. Perhaps it is patterning itself after your own disinclination to set boundaries around people or obligations that are invasive.

### **Immune Deficiency Disorders.**

Your immune system can go astray by *modeling* itself after your behavior. Some immune disorders are, in fact, exact analogies of the person's ways of relating to the world. People who are highly suspicious, for instance, tend toward an overly vigilant immune system. At the other extreme, people who cannot say "no" tend to have an ineffective inner guard. I personally have difficulty maintaining boundaries with others. I see the good in people, trust them readily, and it never occurs to me that they might not treat me well. I've repeatedly assumed, and thus assured my immune system, that I am safe when I am being manipulated, drained, or otherwise harmed. My immune system, by modeling itself after my behavior, can fail to protect me. Specifically, it doesn't always keep out toxic energies that most bodies instinctively repel. Rather than a hypervigilant immune system, this is an *immune deficiency disorder*. To strengthen triple warmer:

1. Unscramble your energies, using the Daily Energy Routine (Ch. 3).
2. Stretch your body in ways that feel good to you.
3. Hold the triple warmer neurovascular points (Fig. 42, p. 274).
4. Mobilize your radiant circuits.
5. To go more in-depth into an illness that hangs on

a. Energy test to determine which meridians are in need of attention and balance them, as described in Chapter 4.

b. Energy test to determine which chakras are in need of attention and balance them, as described in Chapter 5.

By doing these techniques daily, you can build your immune system and instill into it habits that will maximize its effectiveness. After establishing a program for balancing your meridians and chakras using the suggested energy tests, stay with that program for about a week. Then retest and revise the program as needed.

**When to Strengthen Rather than Sedate Triple Warmer.** While sedating an overactive triple warmer is helpful for managing most illnesses, there are times when strengthening triple warmer can save a life. If a person has gone into anaphylactic shock (a life-threatening allergic reaction), strengthening triple warmer can reverse it. In fact, in any situation where the medical treatment might involve a shot of adrenaline, such as an asthma attack or a bee sting, strengthening triple warmer can provide extra adrenaline. Another time to strengthen rather than sedate triple warmer is if a patient is "slipping away." To strengthen triple warmer, trace the meridian (Fig. 18, p. 105) or hold its first and second acupuncture strengthening points (Figure 26, p. 122).

### **Conclusion**

Triple warmer is one of the body's most potent and least understood energy systems. In addition to the issues typically associated with immune functioning and the fight or flight response, its actions are involved in a host of problems ranging from

obesity to boredom. Simply being aware of triple warmer's presence and keeping it calm amidst other energy interventions is a way of telling the body, in its own language, that you understand its concern for survival.

But triple warmer is only one arm of the immune system. The other is controlled by the strange flows, or radiant circuits (Ch. 8). If triple warmer mobilizes your "inner militia," the radiant circuits mobilize your "inner mom." They support, inspire, strengthen, and cajole all of your organs and energy systems to function as a tight-knit family. Where triple warmer protects you using the principle of conflict, the radiant circuits protect you using the principle of harmony. Their idea of a good defense is a radiant and well-integrated community of organs, glands, vessels, and energies. Rather than relying on a military approach,

the defensive strategy used by the strange flows resembles that of "community policing," where police officers see their job as helping the local community become strong and naturally resistant to crime. But that is another story.

## References

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