

# Triple Warmer Sedation

## The Triple Warmer Meridian and its Role in Stress

From <https://www.caringforcarers.com.au/energy-medicine/energy-medicine-fight-flight/>

Each meridian has its own function, but **the meridian most associated with stress is called Triple Warmer** (also known as Triple Burner, Triple Heater and Sanjiao).

**Triple Warmer meridian is our “freeze, fight” meridian.** It reacts to stress to prepare us to action by either fighting or taking flight (running) away from the danger (stress).

Triple Warmer tends to be overactive because today’s society is full of many “little” stresses that we can react to constantly. Triple Warmer is on guard, preparing us for action in one form or another.

Having Triple Warmer active for much of the time creates problems by depleting our bodily resources. Triple Warmer also has the ability to pull energy out of other meridians (except the heart), because *survival is the primary motive of Triple Warmer*. Its job is to keep you safe, even at the sacrifice of other bodily functions.

The most vulnerable meridian to the over-action of Triple Warmer is the Spleen meridian. Spleen meridian is to do with our immune system, so the more stressed we are (the more reactive Triple Warmer is), the sicker we can become. And that makes complete sense; when we are stressed, we have a higher chance of getting sick. The two go hand in hand, because Triple Warmer (fear, flight, fight) and Spleen (immune) go hand in hand.

The adrenal glands, which are governed by Triple Warmer, are the first place that gets hit when we are stressed which we can see reflected as exhaustion and fatigue. Hormones can also go haywire, and we may experience insomnia amongst many other health issues. I’ve included an exercise to help boost adrenal health which is shown below (in the neurolymphatic section).

Triple Warmer is vital for our survival. However, we need to find ways to help Triple Warmer realise that it doesn’t need to be on high alert all the time.

**Using the electro-magnetic energy of your own hands and placing them on strategic parts of the body, you can help calm Triple Warmer down, and help it communicate better with Spleen.**

It is all about bringing the body into an energetic balance.

## Triple Warmer Sedation

- ◆ Triple Warmer Flush  
Trace TW Backwards 3X and 1X Forwards, Repeat
- ◆ Triple Warmer Smoothie  
Fingers over Eyes & Drag to Temples, Deep Breath in and over Ears & Hang on Shoulders, Deep Breath in and Dig Fingers In and Drag to Heart
- ◆ Triple Warmer Balance  
Thumbs on 3rd Eye Move to Temples and Place Fingers on Back of Head
- ◆ Balance Triple Warmer & Spleen  
TW Backwards 3X  
Spleen Forwards 3X (inside of big toe, up inside of leg to under arm pit, then down 6")
- ◆ Calming the Triple Warmer  
One Hand at Throat & Other Hand at the Side of Face
- ◆ Triple Warmer/Spleen Hug  
One Hand on Sp 21 under arm pit and Other Hand over Elbow (TW10)
- ◆ Tap Gamit Point (TW3) (between knuckles of ring and pinky fingers) with Hand over Heart