Information to help you fill out the CSAT accurately

What is the CSAT?
The CSAT is based on Tibetan medicine, an ancient, timely, holistic healing system from Tibet. Tibetan medicine teaches that you, like everyone else, were born with a unique nature, called your constitution. The CSAT will help you to understand your own constitution.

What do you mean by my constitution?
Your constitution is your unique combination of three essential energies:
1. Loong (pronounced loong) - movement energy.
2. Tripa (pronounced teepa) - hot energy.
3. Baekan (pronounced bacon) - cold energy.

How is my constitution made up of the three energies?
The name of your constitution comes from your primary energy. For example, your constitution may be about 80% tripa, 15% baekan, and 5% loong. Therefore, you have a tripa constitution. However, you have a dual constitution if two energies dominate. For example, you have a tripa/baekan constitution if you have about 45% tripa, 35% baekan, and 20% loong.

What are the seven constitutions of Tibetan medicine?

| 1 = Loong: Movement energy dominates tripa and baekan. | 5 = Tripa/Baekan, Baekan/Tripa: Hot and cold energies dominate loong. |
| 2 = Tripa: Hot energy dominates loong and baekan. | 6 = Baekan/Loong, Loong/Baekan: Cold and movement energies dominate tripa. |
| 3 = Baekan: Cold energy dominates loong and tripa. | 7 = Loong/Tripa/Baekan (rare constitution): All three energies are equal. |
| 4 = Loong/Tripa, Tripa/Loong: Movement and hot energies dominate baekan. |

Does my constitution change throughout my life?
No, but your energies can increase, decrease, and/or become disturbed from your thoughts, lifestyle choices, and situation. If, for example, your constitution is about 40% tripa, you have too much tripa if it goes above 40%; you have too little tripa if it goes below 40%. To be healthy and happy, you need to make lifestyle choices that bring your energies back to their percentages in your constitution.

Complete the CSAT regularly.
a. Periodically complete the CSAT to identify the state of your energies.
b. Use the Lifestyle Guidelines Tool (LGT) to make choices that support your constitution. For example, if the CSAT indicates that loong is dominant, follow the loong column to calm and balance loong. Follow the tripa column to cool and balance tripa if your next CSAT shows tripa to be dominant. When baekan is dominant, follow the baekan column to warm and balance baekan.
c. By regularly completing the CSAT and LGT, you will learn about your three energies and how to bring them back into balance with your constitution. As Tibetan Medicine teaches, dance through life and continually re-establish balance.