

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

### 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.

- Periodically complete the CSAT to identify the state of your energies.
- 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**.
- 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.