

## **CORE TANTSU: FINDING SOURCES OF SUPPORT**

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One of the unique and inherent benefits of TANTSU is that it creates support. Support is something that all living things both give and receive in a living-interconnected system. Support allows us to receive nourishment, grow in cycles, learn independence without shock, participate in community and to approach life from a healthy perspective of "unity first."

When we don't feel support in our lives, we become increasingly separate and isolated, leading to depression, anger cynicism and illness. With the industrialization of our modern society, we have become increasingly separate from our communities and environments. Rather than creating independence, this separation creates dependence. Dependence on structures based on power and control, rather than inter-relatedness, sharing and respect. The new Core Tantsu is a tonic that re-establishes the joy of relating, of community, of mutual benefit in our lives.

Core Tantsu is a wonderful tool to learn about connectedness and how to apply it to our everyday life. A unique feature of the new Core Tantsu is the constant support of the base. In a Core Tantsu session, the receiver relaxes in a cradle created by the giver's legs. Both giver and receiver are clothed and work on the earth with a futon or mattress. One of the giver's legs always maintains a constant contact with the area of the receiver's sacrum and root chakra area. Within this constant contact, we feel contained, we feel connected, we feel safe. We are reminded of the constant nurturing containment we received during the first 9 months of our lives in the warm womb of our mother. Tantsu re-creates this healing sensation.

Within this safe environment of a Tantsu session, we can let down our defenses and receive nurturing touch, hold, rocking and massage from our Tantsu partner. We can breathe together and feel each other's hearts beat. The sharing of gentle yet powerful contact in a Core Tantsu session enhances immune functioning and balances physical, mental and psychological well-being. The flow of vital energy (chi/prana) through the systems of both giver and receiver is increased and strengthened. The principles of Chinese medicine remind us that we receive vital energy from four sources: nourishment from food/drink; inherited energy from our ancestors; the air that we breathe; and finally from our interactive relationships with friends, family and our environment (Shen chi). The sharing of a Tantsu session facilitates an essential part of our acquisition,

maintenance and balance of vital energy in the body through its constant support at the base and connection with another.

Often in Core Tantsu, first we give a session to our Tantsu partner, and then we change roles and receive from whom we have just given. This exchange of energy creates great balance and respect. The Core Tantsu exchange reminds us that we are part of vast web of interconnected living beings and that every action, even every thought, has a far-reaching effect on all other beings connected through this web. Nearly all indigenous societies have flourished by operating on this premise of interdependence and mutual support. The Hawaiians call this extended community "ohana". Zulu tribes practices "ubuntu" stating "a person becomes a person through connection with another person." Even in our own Western culture we say, "No man is an island."

Now, we are in an exciting time of great change and potential. We have an opportunity to revive a culture of sharing, connectedness, open-heartedness and support. Core Tantsu is one of many offerings that leads us in practice to the recognition of true support and interrelatedness. We come to recognize that we are not alone and that we are supported by those around us, as well as by sources known and unknowable, seen and unseeable.

Support nurtures growth. Growth nurtures independence. Independence creates self-referential human beings. Self-referential beings create vital, interconnected, healthy communities.

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