

Tanshui

Elevate your
Spirit

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Introduction

I learned Tanshui many years ago from a Master, the story is told in my book, Tanshui - The Inner Journey. For more than 15 years I have been practicing, experimenting and teaching Tanshui in my courses and seminars.

To prove its validity, I took Tanshui as Relax Therapy to Wellness Fairs by organizing actual relaxation spaces. This experience has given me much satisfaction and hundreds of *handwritten* reviews on the relaxing and stress-relieving effect of Tanshui.

Intimately I hoped that someday I would be able to introduce Tanshui to many more people, well that day has finally come, and today I am happy to have this experience together with you!

The Tanki of Tanshui, which you will also find in this manual, are the foundations of Tanshui. They are graphic representations of an ancient language that has come down to us without having been contaminated or hybridized by other languages or cultures.

Through the first manual entitled: **Tanshui-Calm the Mind**, I shared the practice of meditation and centering.

With the second manual: Tanshui - **Free the Emotions**, I conveyed how to get rid of blocks through a very effective self-treatment.

With the third manual: Tanshui - **Tan Ki Balance**, I described a part of the practice of physical Tanshui: the five breaths, the greeting to the earth and the purifications.

Now it is the turn of **Elevate the Spirit**, a manual dedicated to **Tanshui of the hands**, where I share a series of mudras (yoga of the hands) with related waters, which will help us raise frequencies and work on problems related to that energy center.

Let us remember that the goal of Tanshui is to keep us in a constant state of balance and well-being.

To achieve this goal we need to apply **the 3 golden rules** to our lives: **silence, listening and surrender**.

Once we learn how to do them, we can apply them to every situation in life to have greater discernment, confidence, self-esteem and self-confidence.

With the tools of Tanshui, there is no need to have time, just a gesture to get back into centering and harmony with life.

Happy reading and good practice!

Namaste'

The Tanshui of the hands: the Mudras

The ancient practice of mudras originated in China more than two thousand years ago and later spread throughout the East. Mudras (or mudras for some), are hand positions and gestures that are used in traditional dances for storytelling or for meditation and healing. According to Eastern culture, numerous nerve centers are placed in the fingers, which can be activated to regularize our energy. Basically, it is as if the ends of our fingers function as so many receiving and transmitting antennas that send impulses to the body and mind. Another explanation is that, in the fingertips the meridians of traditional Chinese medicine start and end, and consequently if you can unblock one of them, the corresponding organ or viscera will benefit. This *hand yoga*, with regular practice, will empower you to relieve stress and tension, improving your quality of life. You will notice right away how these therapeutic gestures will help you experience greater calm and renewed physical and mental vigor.

Everyone can learn to practice mudras, adults and children alike. However, before we go on and dive into the practice, I would like to introduce you to the world of Tanshui through its history.

The seven human energy portals: the chakras



Chakras are energy centers known to various Eastern and South American civilizations for millennia. The 7 main chakras are located virtually aligned along the spine. These centers have also been studied by many Westerners, who have noticed how the imbalance of an area, deputed to a specific chakra, can generate ailments attributable to the characteristics of that chakra.

The sequence of mudras in this manual, combined with the corresponding waters, serve not only to rebalance the 7 chakras, but also to regenerate the kidneys, purify energy bringing more mental clarity, centering and inner peace.

The practice

- During practice sit in a comfortable position with the spine erect, but not too stiff and possibly not leaning against the back of the chair.
- Keep your head balanced, shoulders down, face and neck relaxed. Try to remain still and allow the breath to become calm and natural. Embrace the mudra, do not strive for results.
- Hold the hand position for three to five minutes. Practice silence, listening and surrender.
- After the practice, drink the water and write down all your feelings.
- Work on one chakra at a time for at least 3 to 7 consecutive days to better root the work you are doing on yourself.

When you have finished, you can continue practicing the mudra that you felt most in tune with you, or even the whole sequence, but always proceeding from the bottom up. In this case, between each position, you can rest your hands in your lap for a few moments and relax your muscles. If thoughts arise, mentally repeat the affirmations in the manual, trying to keep your attention turned inward. When finished, drink the water as needed.

Enhanced Water and Tanshui



According to Tanshui, water, along with practice, is the simplest way to elevate our state of consciousness. Drinking a glass of water is a simple and spontaneous gesture, and making use of the language of Tanshui, it will become beneficial and conscious.

Simply place a clear (or light-colored) flat glass of water on the circle you find after each mudra, let it sit for 5 minutes and drink it. Use these waters to resolve problems or blockages related to that specific chakra.

Simple isn't it?

Then I would say we are ready to begin our journey!

We listen to our hands



To bring more sensitivity to our hands we will use a tool from Tanshui: Active Pad. We place our left hand (lefties the right) on Active Pad. We keep the other hand abandoned along the side (possibly not in the pocket or leaning against the body). If desired, we close our eyes, relax our shoulders, face and neck and breathe normally. **For a couple of minutes we practice the 3 golden rules of Tanshui: silence, listening and surrender.** With this simple gesture you can begin to feel your energy. To benefit more from this experience, try visualizing the flow of a stream of water from one hand to the other, mentally repeating I free myself from... (anxiety, headaches, insomnia, restlessness, nervous hunger, sadness, etc.) or I free myself from anything that bothers me.

Active Pad

If you are struggling to let go, breathe in like this: inhale counting to 4 and exhale counting to 4. You will feel that your hands are breathing with you, that your body is breathing with you and is persuading your mind to relax and release tension.

Introduce this Tanshui presence technique to monitor your stress levels and release tension. Print out Active Pad, keep it close to you and use it often. It is a free, eco-friendly and natural Tanshui remedy that never runs out!



We activate and balance the seven Chakras through the Mudras of Tanshui

Further descriptions of the Chakras can also be found in the manual Free the Emotions.



First Mudra



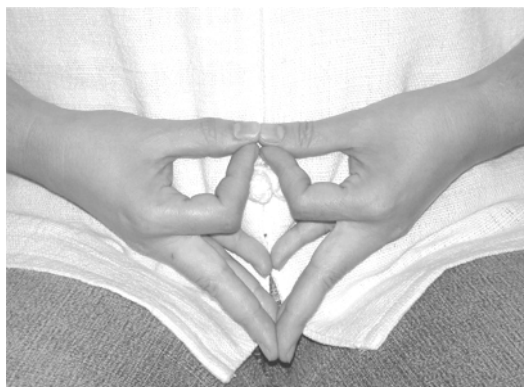
It is performed at the first chakra (perineum). The first chakra is connected to the body and oriented toward rootedness, the survival that comes from work, money, nourishment, family and everything else we need to live and make us feel safe and secure. This mudra allows us to unlock and strengthen the first chakra by making Ki (energy) flow better.

- Keep your hands clasped together with your thumbs placed inward at the base of the annulars. Relax your face, neck and shoulders and mentally repeat the following affirmation: **I surrender myself more and more.**
- Combine breathing with the affirmations: **I surrender** by inhaling, **more and more** by exhaling, keep repeating this until you feel the relaxation spread throughout the body.

First Chakra Water



Second Mudra

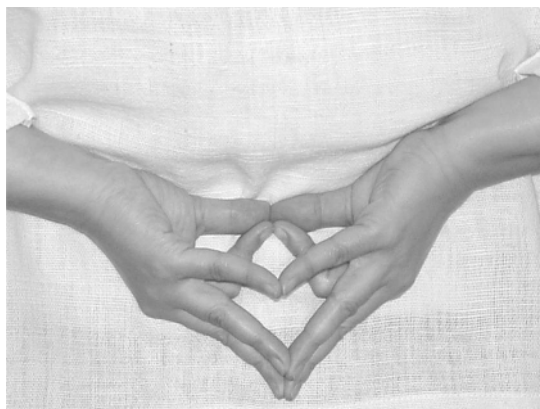


The second chakra (reproductive system), is the center of creativity, desire, sexuality, and is related to the function of feeling (sensations, emotions, pleasure). The second chakra invites us to live fully in the present, to rejoice in being alive, to relax, to be more receptive. This mudra allows us to regenerate life energy.

- Keep all your fingertips in contact and then bring your thumbs together with your index fingers. Relax your face, neck and shoulders and mentally repeat the following statement: **I feel what I am.**
- Repeat inhaling: **feeling** and inspiring **what I am.** Keep repeating this until you feel relaxation spreading throughout the body.

Special Mudra

Also called by the monks Fathers: "the eyes of God."



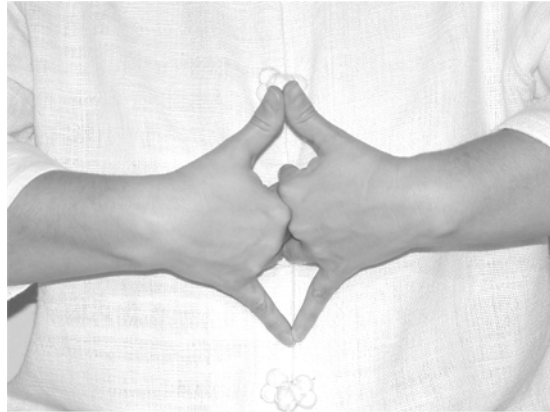
If you are often tired and wish to regenerate the energy of the kidneys, also located in the area of the second chakra,

- **Bring the same mudra**, behind the back at waist level. Repeat breathing **slowly-I regenerate-and** continue this until you feel the kidney area pleasantly warm.
- -If, on the other hand, you feel cool, it means you are purifying yourself, relax and repeat to yourself **I get rid of all my fears.** Do this healing mudra often and you will see that you feel better.

Second Chakra Water



Third Mudra



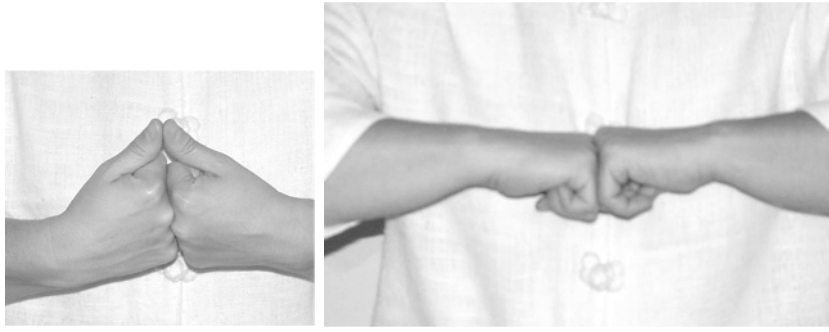
The function of the third chakra (solar plexus) is to transform and distribute energy (and food) to the other centers. If you are well grounded in the lower chakras you will be able to convert energy into action. The goal of the third chakra is autonomy, this requires cultivating the will to realize oneself and take responsibility. Self-esteem and personal power will help us in this task.

- Keep thumbs and pinkies in contact with each other, but away from the body. Index, middle and ring fingers touch and lightly press the area just above the navel.
- Relax your face, neck and shoulders and mentally repeat the following statement: **I release** (exhale). You may feel a slight pressure on the opposite side of your body, behind your back. Visualize a ray of light passing through you from the navel, taking away everything that unnerves and disturbs you (including of yourself).

Third Chakra Water



Fourth Mudra



In the fourth chakra (thymus), is home to harmony and love no longer bound to the object of our desire (second chakra), but toward all that exists. Our horizons expand and the ego surrenders to the Self. The heart is the center of the entire chakra system, connecting the three physical and emotional centers to the three mental and spiritual centers and keeping us in harmony and balance with the inner and outer world.

- Keep your thumbs in contact and the remaining fingers closed in your palms, (see figure). Now point your thumbs to the center of your chest, on the line between the two nipples. The right spot is the one that, if pressed, will hurt slightly.
- Stay in that position, without pushing too hard, relax your face, neck and shoulders and mentally repeat the following affirmation: **love me and accept me**. We can match the breath by repeating, inhaling: **I love me** and exhaling **I accept myself**, and so on. Continue until you feel a flow of well-being and harmony that nourishes your whole body and mind.

Fourth Chakra Water



Fifth Mudra



The fifth chakra is related to the ability to express ourselves and communicate. It is through the throat chakra that we express all that is alive in us, such as laughing, crying, our feelings, desires, ideas and knowledge. Here we hold true aspirations and the ability to manifest our talents.

- Overlap your hands as is natural for you, bring your thumbs together and rest them at the base of the throat without pressing. Leave the other fingers free, joined or open but detached from the body. Stand as your intuition suggests.
- Relax your face, neck and shoulders and mentally repeat the following affirmation: **I open myself to life.** If you feel a sense of oppression in that area, it is normal; you are freeing yourself from unexpressed energy. Allow yourself those "no's" you wished you had said, the dreams you have stifled, release yourself from the pain you have been unable to express. In this case, to speed up the purging process, stretch and move your fingers slightly to discharge all this outward from your fingertips. You will feel much lighter afterwards.

Fifth Chakra Water



Sixth Mudra



The sixth chakra, also called the third eye, with its energy leads to conscious perception, to looking and seeing life without projections or distorted expectations. In the sixth chakra, vision plays a predominant role. It is here that we can go beyond our patterns, overcome resistance and self-centeredness, and experience life with greater detachment and stability. Meditation is the activity that balances it.

- Look at the backs of your hands, join the left index finger to the right thumb and the right index finger to the left thumb. Hold your hands in front of your forehead with soft fingers, if it is too tiring, tilt your head forward slightly, relax your face, neck and shoulders.
- Mentally repeat the following statement: **I see clearly.**

Sixth Chakra Water



Seventh Mudra



The seventh (head) chakra, is connected to the brain. Also called the crown chakra, it enables us to purify the mind and transcend any separation, being connected to the Source. The seventh chakra has as its goal the realization of our most authentic nature. To achieve this goal it is necessary to detach from erroneous beliefs and excessive attachments.

- Look at the backs of your hands, join your thumbs to your index fingers forming two rings and cross your wrists and bring them over your head. If you have difficulty, try lying down. This is also a mudra to practice before we fall asleep or in the morning as soon as we wake up to give direction to our day.
- Relax your face, neck and shoulders and mentally repeat the following affirmation: **I align myself with the Source.** As you have done before, you can join the breathing. Inhaling repeat **I align** myself, and exhaling **to the Source.**

Seventh Chakra Water



Conclusion

Mudras will induce in you a feeling of deep relaxation that releases stress and tension. With practice you will come to feel the effect of the mudras without having to repeat the affirmations. Surrendering as the tree does, to the energy of nature, means allowing nature to intervene without being directed, compelled or coerced by the mind.

You will feel a deep connection with yourself grow over time, able to generate energy and give rise to new, healthier and more positive habits.

You will realize that you originate within yourself inspiration and creativity, qualities that will help you face new challenges and improve your performance.

You will have a greater understanding of your own needs and those of others, resulting in improved relationships.

Meditating with mudras means experiencing the pleasure of being with yourself, learning to be in the here and now to enjoy every single moment of your life.

You will develop with time a totally renewed energy and a natural attraction to beautiful, evolved and productive things. You will realize that the quality of your thoughts, creates the quality of your life. No one can rise if his thoughts are dark and devoid of love.

Try, using the will, to become the guardians of your mind; do not let in thoughts that are enemies of your serenity, send them away without qualms, and you will be amazed at the improvement that will be produced in your life in a short time.

Turn your attention to the Light, to the beautiful things in life, to the wonders of nature, and look with more serenity and affection at the better side of everything.

When you run into resistance, ask the energy of Love (which is pure magnetism) to guide you, and the Tanshui with its tools, to assist you in change.

Knowing how to master one's thoughts is an art that is learned through perseverance.

Mental faculties are educated by exercise.

Serenity, joy, health and destiny itself depend on the direction we give our mind.

Below I want to give you the gift of two other very powerful waters that will support you on your spiritual journey.

Please know that all the tools I share were **given*** to me as the fruit of work done in my incarnations, it was my free choice to share that knowledge with you. I am aware that I will answer for this and that I will see people not understanding, judging and criticizing, but if I can help even one person to rise, my efforts will not have been in vain. I thank you, my soul and the Light for supporting us all on this arduous path. Walk in the Light and Truth of your heart.

***given** in a physical and direct manner as ancient language and are not the result of channeling or other imaginative methods and/or research.

Water to be more centered and learn from life



Water for Inner Peace and Feeling Loved



Conclusion

The peculiarity of Tanshui is that it is 100% natural. Its main effect is to free us from stress, assisting general well-being and deep relaxation. The language of Tanshui is a precious gift, bringing serenity by promoting purification and spiritual evolution.

Each Tanki has its own characteristics, and once identified, they can be adapted to unlimited uses.

My advice is to make Tanshui practices part of daily activities, such as washing, dressing, putting on makeup, going to the gym, etc.

Make time for yourself and you will see that not only your life will benefit, but also those who live or work together with you!

Remember that stress is the cause of 75% of our ailments; being more relaxed and balanced will help you stay healthy and face everyday life with more energy and positivity.

Tanshui presence techniques do not conflict with other religious disciplines or practices; on the contrary, they enhance and strengthen them because they create a deep connection with one's inner core.

If you devote ten minutes a day to yourself, that still leaves 23 hours and 50 minutes to do more!

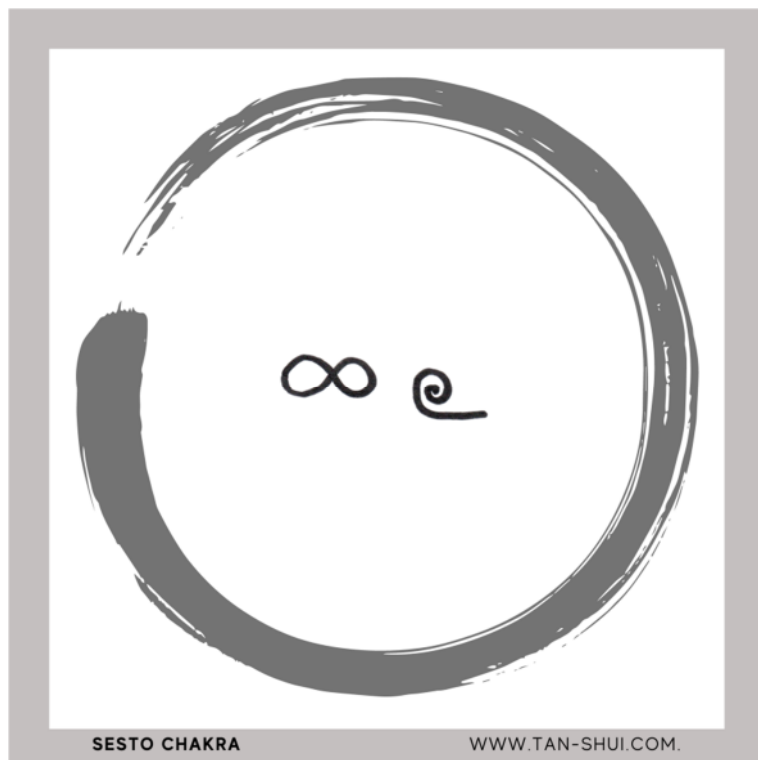
After all, continuing to complain without doing anything is tantamount to wasting valuable time.

I wish you from the bottom of my heart to be fully yourself and illuminate the world with your beautiful light!

Maribol Sole











The paper remedies found in this manual you can make them last longer and always have them on hand by photocopying them and placing them in a clear envelope. or laminating them as I did.



Take one or more drinks a day letting your body and intuition guide you. Experiment. We are all different and there can be no rigid rule about personal needs and individual aspirations.

This manual is intended to be a tool
Tanshui self-help and sharing.
The author disclaims any responsibility
For misuse of the contents of this text.
Mudra practice and informed water
Are propaedeutic techniques of natural wellness
and do not constitute or replace
In any way medical or surgical therapy.
Only the treating physician of the person concerned
may decide to modify and/or discontinue,
Any ongoing therapies.

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