The Energetic Properties of Metals in the Healing Arts
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**Silver** is a cool nourishing rain washing away the dirt on a warm summer day.
Silver is traditionally thought of as sedating, but easily transmits the intention of the practitioner. It is the most heat conductive and electrically conductive metal used for acupuncture tools. The two types of silver used are, fine silver and sterling silver. Fine silver is over 99.9% pure and is slightly softer then sterling. It offers purer energetics and is slightly more sedating. Sterling silver is 92.5% silver and 7.5% other metals (usually copper). Sterling has a flatter energetic feel, but offers slightly superior durability. Silver is often use as a polarity agent or Yin-Yang pair with Gold.

**Zinc** is empty, like a dry riverbed waiting to be filled.
Zinc is often used for its dialectic qualities with copper. Zinc is charged negatively and copper positively. This dielectric effect is similar in principle to a potato battery a child might make in science class. As a polarity agent, a matched set of zinc and copper teishin work similar to Ion pumping cords or zinc and copper discs.

**Steel** is a clear crisp winter night spent gazing at the stars.
Steel is neutral and tends to feel flat unless manipulated. Most filiform acupuncture needles are steal.

**Iron** is a soft muddy field, it is difficult to traverse, but will eventually bring new life.
Iron is not used generally used for acupuncture tools, probably due to its ease of corrosion, it was however used in ancient times prior to the development of high quality steel.

**Copper** is warm blood always cycling through the body.
Copper is slightly tonifying without being too warm. Ideally suited for gua sha tools, copper is an excellent metal when treating the blood level. Copper is often use in teishin by students who are not ready to invest in gold. It is also sometimes paired with zinc and use as a polarity agent.

**Bronze** is uncommitted, waiting to be forged into resonance.
Bronze is an alloy of copper and tin. While it is slightly more tonifying then copper it has a hard, flat feel. Bronze was used in some of the earliest needles but fell out of favor when metallurgy improved. Bronze is used in singing bowls and is capable of producing complex harmonics when correctly forged.

**Gold** is a bright ray of sun over a fertile field.
Gold is a joy to work with. It is tonifying, slightly warm and easy to manipulate. Solid gold teishin are heavy in weight and have a bright, lively feel. Gold plated Teishin with lightweight aluminum cores have become popular in recent years due to the cheaper price. Plated tools have a flat feel and usually have a very thin layer of gold covering them.

**Platinum** is a singularity with all its potential; explosive and life giving.
Platinum is very tonifying, hot and difficult to control. Care should be taken with platinum as it is easy to over treat when using tools made from this material.