



ACUPRESENCE®

# Hexagram 46



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Attunement is an ongoing, moment-to-moment journey

## INTRODUCTION

**AcuPresence**<sup>®</sup> is a synthesis of Classical Acupuncture, the I Ching, and the universal principle of vibration.

AcuPresence serves as a doorway to transforming your DNA, supporting your path of awakening, and realigning with your soul's original impulse.

This AcuPresence Hexagram Handbook is used in companionship with the **AcuPresence Instruction Manual**, available as a free download at [AcuPresence.com](https://www.acupresence.com).

For each of the 64 Hexagrams in the I Ching, there is a corresponding AcuPresence Hexagram Handbook. This is one of the 64.

We recommend reading **AcuPresence, A Vibrational Healing Art** in order to fully understand the principles and foundations of this healing art.

## **ACUPRESENCE OVERVIEW**

AcuPresence is an invitation to awaken and align with your divine blueprint. It goes beyond the mind and directly to the innate intelligence of the body's energy system, inviting you to come back into resonance with your pure original nature.

It is a tool for embodiment of the higher frequencies available when contemplating and working with the esoteric sciences of the I Ching, the Gene Keys, and Human Design.

The ancient oracle of the I Ching charts the seasons, elements, and cycles of life; it maps out this information in hexagrams. The binary code of the makeup of these hexagrams is essentially identical to the genetic code of life reflected in our DNA that's mapped into our body at the moment of birth. This hexagram map of the five elements encoded within our body is accessible via the meridian system and its acupuncture acupoints.

## ACUPRESENCE ATTUNEMENT



# Hexagram 46

To begin working with a hexagram, read its I Ching, Gene Keys, and Human Design Keynotes and review the Sacred Site Page for each of the 6 acupoints associated with the hexagram.

Each Sacred Site (acupoint) has a unique relationship to the hexagram. This relationship is specified in the **AcuPresence Instruction Manual** and listed on the Sacred Site Page. Familiarize yourself with all of the Sacred Sites and contemplate the Essence and Medicinal Virtues of each one to assist you in choosing which Sacred Sites will best support you. You may choose to attune with all 6 acupoints, or only be called to 1 or 2.

## Basic Attunement Guidelines

- Select Sacred Sites (acupoint).
- Read Sacred Site Page.
- Locate Sacred Site.
- Activate acupoint by touching it.
- Attune with its essence by repeating the invocation.

For more detailed guidelines, refer to Attunement Guidelines in the **AcuPresence Instruction Manual**.

## HEXAGRAM 46 KEYNOTES



### I CHING KEYNOTES

*Pushing Upward*



	Upper	Lower
<b>Trigram</b>	K'un, The	Sun, The
<b>Name:</b>	Receptive	Gentle
<b>Element:</b>	Earth	Wood
<b>Nature:</b>	Earth	Wind
<b>Familial:</b>	Mother	1st Daughter
<b>Meridian:</b>	CV, SP, ST	LV, GB
<b>Quality:</b>	Yin	Yin
<b>Judgment:</b>	Pushing Upward has supreme success. One must see the great man, fear not. Departure toward the south brings good fortune.	

Source: Richard Wilhelm



### GENE KEY KEYNOTES

*A Science of Luck Free*

**Name:** A Science of Luck Free

**Siddhi:** Ecstasy

**Gift:** Delight

**Shadow:** Seriousness

**Repressive/Reactive:** Frigid/Frivolous

**Codon Ring:** The Ring of Matter (18, 46, 48, 57)

**Physiology:** Blood

**Amino Acid:** Alanine

**Programming Partner:** 25th Gene Key

**Victim:** Victim of over-seriousness

**Dilema:** Fortune

Source: The Gene Keys, Richard Rudd



### HUMAN DESIGN KEYNOTES

*The Determination of the Self*

**The Gate Of:** The Determination of the Self

**Overview:** Good fortune that may be perceived as the result of serendipity but derives from effort and dedication.

**Channel:** 46-29: Discovery - A design of succeeding where others fail

**Harmonic Gate:** 29: The Abysmal

**Center:** G

**Circuit:** Sensing

Source: The Human Design System, Ra Uru Hu

## ACUPRESENCE ACUPOINTS

# Sacred Sites for Hexagram 46

Below you'll find the 6 AcuPresence acupoints associated with Hexagram 46. The following Sacred Site Pages contain all the information you need for working with the acupoints.

**Source Acupoint** | *Supreme Rushing* | Liver 3 | **LV.3**

**Physiology Acupoint** | *Three Yin Crossing* | Spleen 6 | **SP.6**

**Core Stability Acupoint** | *Meeting of Yin* | Conception Vessel 1 | **CV.1**

**Vesica Acupoint** | *Rushing The Frontier Gate* | Triple Heater 1 | **TH.1**

**Spirit Acupoint** | *Spirit Seal* | Kidney 23 | **KI.23**

**Window of Heaven Acupoint** | *Wind Pond* | Gall Bladder 20 | **GB.20**

Source: AcuPresence, Alaya DeNoyelles



LIVER 3 | LV.3

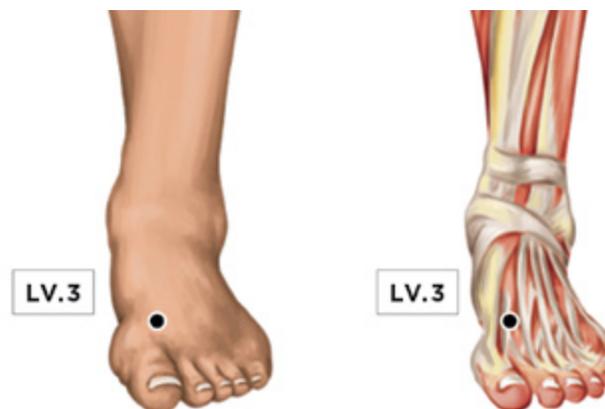
# Supreme Rushing

## INVOCATION

*At Supreme Rushing, my true essence flows forward with power and focused purpose.*

## ESSENCE OF SUPREME RUSHING

Here we find the vitality and self-assurance to surge forward with the purpose of our life, grounding our vision and plans with dynamic presence and speed. This point nourishes wood from within and allows our jing, our life's potential, to merge and ascend with our shen, our spirit stored in our heart, so we can inquire into our true nature. This is the earth point on the liver meridian, bringing the perfect nourishment to feed our ideas with strength and focus. It gives us the stability and vitality to carry out our plans and see them through with delight.



## LOCATION

On the top of the foot, in the angle between the first and second metatarsal bones.

**Video:** <https://youtu.be/lrOyhKBLkMk>



## MEDICINAL VIRTUES

Brings balance and self-assurance. Calms agitation and over-excitement. Provides vitality and strength to live our purpose.

**Harmonizes:** stress, inappropriate anger, migraines, nausea, constipation, hypertension, irregular menstruation, vertigo, abscessed breast



## I CHING HEXAGRAM(S)

Source Acupoint: 20, 46; Vesica Acupoint: 25, 34



**SPLEEN 6 | SP.6**

## Three Yin Crossing

### INVOCATION

*At Three Yin Crossing, the great yin resources of earth, water, and wood join together to nourish me with vitality, clarity and confidence.*

### ESSENCE OF THREE YIN CROSSING

Here the nourishment of the spleen joins forces with the vitality of the kidneys and the growth of the liver to gather and blend the great resources of earth, water, and wood. The three lower Yin meridians come together and intertwine to distribute nourishing, refined Qi energy and fill us with satisfaction and confidence. Our emptiness is filled with dynamic Yin Qi power and our blood is strong.



### LOCATION

On the inner surface of the leg, 4 ACI above the prominence (highest point) of the ankle bone next to the tibia bone.

**Video:** [https://youtu.be/\\_sYESYxsBPY](https://youtu.be/_sYESYxsBPY)



### MEDICINAL VIRTUES

Fills us with satisfaction and confidence. Stimulates immunity. Vitalizes and strengthens the blood.

**Harmonizes:** depression, desperation, abdominal distention, menstrual pain and irregularity, genital disorders, insomnia, urinary tract infections, loose stools, difficult labor



### I CHING HEXAGRAM(S)

Physiology Acupoint: 46



CONCEPTION VESSEL 1 | CV.1

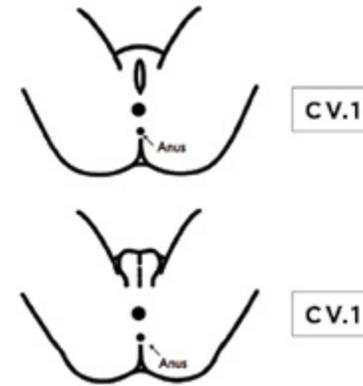
## Meeting of Yin

### INVOCATION

*At Meeting of Yin, my strength and vitality are nurtured by the flowing waters of life-giving, feminine power.*

### ESSENCE OF MEETING OF YIN

Down the cool, mossy slopes on the shady side of the mountain flow the waters of our feminine Qi, collecting to form the great ocean of our inner energy. This is the gathering place of our feminine powers: soft, receptive, life-giving, and intuitive. When these waters are flowing freely, all other rivers (meridians) of Qi are fed with tremendous strength and vitality. Mythologically, this point is known as the meeting place of egg and sperm, the passageway into and out of the womb, the portal of unity. This point can resurrect you if you are drowning, physically, emotionally, or mentally.



### LOCATION

On the center of the perineum between the genitals and the anus. Activating this point can be done by contracting and releasing your perineum.

**Video:** <https://youtu.be/zPBFh3xCRjE>



### MEDICINAL VIRTUES

Restores full engagement in life. Powers motivation and clear communication.

**Harmonizes:** mental disorder, vaginitis, itching of the scrotum, impotence, post-childbirth depletion, urine retention, coma



### I CHING HEXAGRAM(S)

Core Acupoint: 2, 12, 46; Physiology Acupoint: 52, 53, 58, 59; Energy Center Acupoint: 19, 38, 39, 41, 52, 53, 54, 58, 60



TRIPLE HEATER 1 | TH.1

# Rushing The Frontier Gate

## INVOCATION

*At Rushing the Frontier Gate, I am flexible and relaxed as I meet the world with confidence and dignity.*

## ESSENCE OF RUSHING THE FRONTIER GATE

This is the metal point on the Triple Heater meridian, bringing metal's qualities of inspiration and balance to our lives. Here we find a calm confidence to meet the world with dignity and strength. At this gate we access our essential vitality and powerful presence, giving us a sense of self-worth which enables us to engage and extend our spirit with an attitude of relaxed acceptance, love, and flexibility.



TH.1



TH.1

## LOCATION

Nail point of the ring finger closest to baby finger, about 0.1 ACI from the corner of the nail. Nail points are located at the intersection of the lines.



**Video:** <https://youtu.be/i2KBiAcSaki>



## MEDICINAL VIRTUES

Empowers acceptance and flexibility. Fosters calm confidence, dignity, and strength.

**Harmonizes:** excessive talking, laryngitis, conjunctivitis, fever, tinnitus, stuttering, frozen shoulder



## I CHING HEXAGRAM(S)

Source Acupoint: 25, 34; Vesica Acupoint: 20, 46



KIDNEY 23 | KI.23

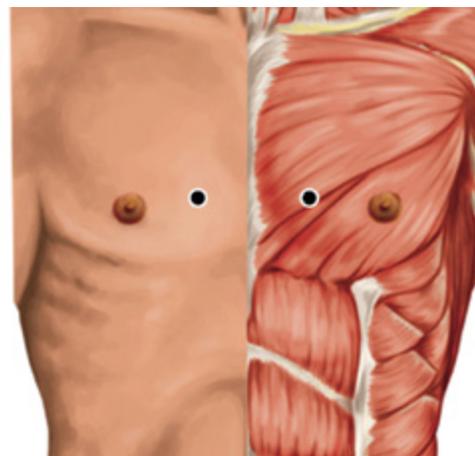
# Spirit Seal

## INVOCATION

*At Spirit Seal, I recognize my divine royalty as I express my true essence.*

## ESSENCE OF SPIRIT SEAL

This is where we receive the waxed seal of the Emperor, the stamp of approval, the King's seal which confirms our true noble identity, stamping our spirit with the divine imprint of royalty. The brightness of life manifests and activates our innate potential. We touch the deep inner essence of who we are, and remember why we are here. When our spirit is depleted, we can come here to remember our divine birthright and to fully acknowledge and express our genius.



## LOCATION

On the thorax (ribcage), in the fourth intercostal space (between ribs), 2 ACI lateral from the centerline of the body. Tip: Place finger in the space just below the clavicle (collar bone). Slide down over four ribs to the fourth intercostal space, between the fourth and fifth ribs.

**Video:** [https://youtu.be/EfE2\\_MpdE70](https://youtu.be/EfE2_MpdE70)



## MEDICINAL VIRTUES

Anchors the spirit. Empowers self-confidence. Nurtures us with approval and reassurance.

**Harmonizes:** asthma, cough, bronchitis, pleurisy, mastitis



## I CHING HEXAGRAM(S)

Spirit Acupoint: 3, 10, 12, 17, 23, 29, 32, 34, 38, 45, 56, 60, 62, 63, 64



GALL BLADDER 20 | GB.20

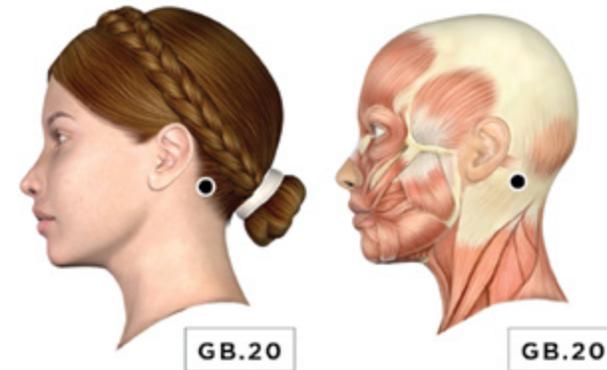
# Wind Pond

## INVOCATION

*At Wind Pond, I melt into my deep inner reserves of clarity, harmony, stillness, and peace.*

## ESSENCE OF WIND POND

Wind Pond is where we access our reserves of inner peace in order to flow with the seasonal winds and random gusts of life. We receive clear vision and new perspective. This pond offers a calm reflection of our true nature, where inner turmoil, stress, and judgments melt into harmony and stillness.



## LOCATION

Below the occipital bone (bottom of skull), in the center of the depression between the occipital bone and the mastoid process (bony prominence just behind earlobe), just above the natural hair line and next to the trapezius muscle.

**Video:** <https://youtu.be/ud2q6ePOSXY>



## MEDICINAL VIRTUES

Calms inner turmoil. Restores mental clarity and perspective. Brings acceptance and peace.

**Harmonizes:** stress, perpetual mental turbulence, convulsions, hypertension, stiff neck, insomnia, vertigo, headache, eye pain



## I CHING HEXAGRAM(S)

Functions as the Window of Heaven Acupoint for Wood  
Element: 44, 46, 57

## INVOCATIONS

The Invocations invoke the Spirit of each of the acupoints associated with Hexagram 46.

**Source Acupoint** | *At Supreme Rushing (LV.3)* I surge forward with purpose, vitality, and self-assurance.

**Physiology Acupoint** | *At Three Yin Crossing (SP.6)* the great yin resources of earth, water, and wood gather to nourish me with vitality and confidence.

**Core Stability Acupoint** | *At Meeting of Yin (CV.1)* my strength and vitality are nurtured by the flowing waters of life-giving, feminine power.

**Vesica Acupoint** | *At Rushing The Frontier Gate (TH.1)* I am flexible and relaxed as I meet the world with confidence and dignity.

**Spirit Acupoint** | *At Spirit Seal (KI.23)* I am stamped with the divine imprint of royalty as I acknowledge and offer the gifts of my unique genius.

**Window of Heaven Acupoint** | *At Wind Pond (GB.20)* I melt into my deep inner reserves of clarity, harmony, stillness, and peace.

## THE ATTUNEMENT JOURNEY

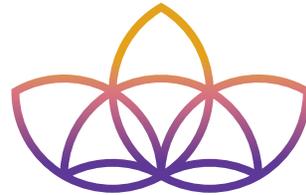
Attuning to the Sacred Sites of your acupoints is an ongoing, moment-to-moment journey.

Once you've familiarized yourself with a variety of acupoints, you may find that you make quick stops at several different Sacred Sites throughout the day as you feel inspired, or you may find yourself staying with just one acupoint for the day.

You are invited to explore and deepen this practice in the ways that feel resonant and empowering to you.

Trust. Be open to the experience and let this practice organically unfold for you.

*Enjoy the journey.*



**ACUPRESENCE®**

A VIBRATIONAL HEALING ART

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