



I CHING ACUPRESENCE

Instruction Manual



ACUPRESENCE®

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I CHING ACUPRESENCE OVERVIEW

There are two doorways through which to enter AcuPresence. Both are portals to transformation and healing.

The I Ching branch of AcuPresence supports your realignment with your soul's original impulse and the realization of your full potential in this life.

We recommend reading *AcuPresence, The Vibrational Healing Art* in order to understand the principles and foundations of this healing art before embarking on your own journey with I Ching AcuPresence.

This I Ching AcuPresence Instructional Manual is your supporting companion for working with the I Ching AcuPresence Protocols available at AcuPresence.co. It offers detailed information, instructions and guidelines for actualizing I Ching AcuPresence.



I CHING ACUPRESENCE OVERVIEW

In conjunction with the ancient oracle of the I Ching, called the Book of Changes, this branch of AcuPresence offers 64 eBook publications. Each I Ching AcuPresence Protocol delivers a comprehensive overview of one of the 64 I Ching hexagrams as well as its corresponding set of acupoints. These overview keynotes are given through the lenses of the three esoteric sciences of the I Ching, Gene Keys and Human Design.

I Ching AcuPresence is a doorway to transforming your DNA and supporting your path of awakening.



I CHING ACUPRESENCE OVERVIEW

The I Ching is a sacred oracle developed about 5000 years ago by Fu Xi, originator of the concept of Yin and Yang and of the principles of Classical Acupuncture. Both Classical Acupuncture and the I Ching are based on the cycles of nature and the laws of the cosmos such as night and day, stillness and movement, positive and negative, receptivity and activity, as well as the five elements: wood, fire, earth, metal and water.

These elements appear in the I Ching's 64 hexagrams, which are archetypal symbols of human experience, relationship, and destiny. Each hexagram represents a combination of two elements, one in each of the two trigrams that make up the hexagram. These trigrams are directly related to the body's acupuncture meridians.



I CHING ACUPRESENCE OVERVIEW

I Ching

Many people use this ancient oracle for guidance on a daily basis or when they seek advice or support in making a decision or understanding what's happening in their lives.

When you throw the coins and begin contemplating the given hexagram, you can use the corresponding acupoints to fully integrate the transformative power of the hexagram's wisdom.



I CHING ACUPRESENCE OVERVIEW

Gene Keys

Some of the major inspiration behind the inception of AcuPresence comes from the modern mystical sciences of the Gene Keys and Human Design, and the discovery of how the geometry of the hexagrams, the acupoints, and the DNA codes match up.

The Gene Keys are comprised of 64 universal archetypes that underpin the very fabric of our universe. They form the holographic matrix of space-time itself. As such, the Gene Keys represent the transmission of a living wisdom that is hidden everywhere within the universe. I Ching AcuPresence is a great complement to this transformational work, which is delivered in the best-selling book, *The Gene Keys* by Richard Rudd.



I CHING ACUPRESENCE OVERVIEW

Human Design

Another way to utilize the transformative tool of I Ching AcuPresence is in conjunction with the Human Design System developed by Ra Uru Hu. Human Design is a synthesis of several ancient systems, integrating aspects of the I Ching, Astrology, Chakras, and the Kabbalah. It represents a map of human consciousness that links these old wisdom traditions to contemporary thought, particularly to our modern understanding of genetics.

A design chart (BodyGraph) is drawn up from your birth data, providing you with a genetic map, a blueprint for your life journey. It shows each of us our own authentic, unique makeup and how to live in correct alignment with it.



I CHING ACUPRESENCE ACUPOINT CATEGORIES

Each I Ching hexagram is comprised of two trigrams, each representing one of the five elements: *wood, fire, earth, metal and water.*

The AcuPresence acupuncture points are constitutional to each hexagram, meaning that they address the relationship of the two elements that constitute the hexagram.

There are several methodologies and formulas used in the specific selection of Acupoints constitutionally related to the I Ching hexagrams.

For example, if the hexagram is comprised of an earth trigram and a water trigram, then each constitutional acupoint will be either an earth or a water acupoint, depending on the hexagram's makeup.



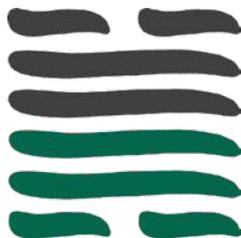
ACUPOINT CATEGORIES

Each of the 12 principal meridians is associated with an element and also contains points that represent each of the five elements. For example, on a fire meridian, there is a fire, wood, earth, metal and water point.

Further, each trigram is either yin or yang in nature. This determines whether a yin or yang meridian is chosen.

HEXAGRAM 28

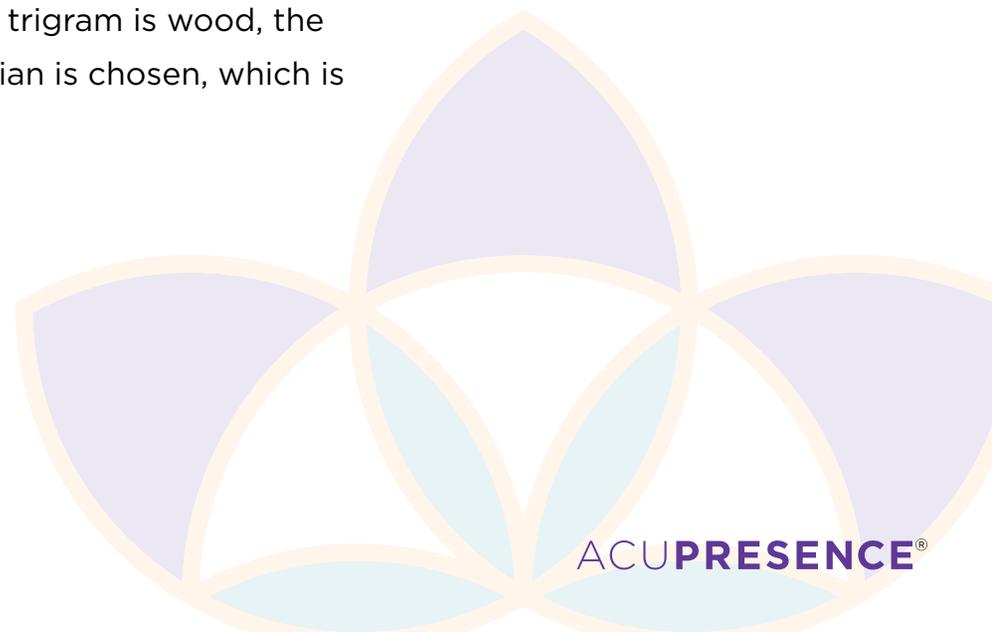
Metal



Wood

Here is an example: Hexagram 28 is metal over wood.

The top trigram is metal and the bottom trigram is wood. In this situation, the source point is the wood point on the metal meridian. Because the upper trigram in hexagram 28 is yin in nature, the yin organ, the lung, is indicated. Since the bottom trigram is wood, the wood point on the lung meridian is chosen, which is *Crooked Pond*, Lung 11.



ACUPOINT CATEGORIES

Source Acupoint

This is the point on a given meridian that will affect it the most. It holds the highest concentration of Qi available for the hexagram. If you were to attune to only one point, you would most likely choose this one.

All Source Points are located on the lower part of the body's limbs, the arms and legs. In Five Element Acupuncture, they are called Command Points because, when activated, they serve as a command, summoning maximum revitalization to the energy meridian.



ACUPOINT CATEGORIES

Core Acupoint

When the core is strong, everything else is well supported. The Core Points ground and root you comfortably in the physical body. They provide a profound connection to your deep core, and alignment with your inner purpose.

These points are located on the core or torso of the body. They bring a sense of grounded strength and harmonious equilibrium.



ACUPOINT CATEGORIES

Spirit Acupoint

These are the most powerful, effective points for revitalizing and strengthening your spirit. When the connection to spirit is vibrant, all else follows. The foundation of connection to your spirit is of paramount importance to your well-being.

Located on the Kidney meridian, Spirit Points are associated with the water element. They are positioned on the upper chest, over the heart, which is associated with the element of fire. Consequently, these points intimately and alchemically address the relationship between water and fire, considered the first two elements of creation, or yin and yang. Spirit Points call up the deepest reserves of nourishing spiritual Qi and serve to maintain balance and harmony between yin and yang.



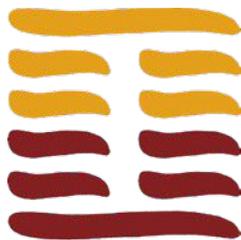
ACUPOINT CATEGORIES

Vesica Acupoint

The Vesica Point balances the yin and yang of two opposite hexagrams. This is the Source Point for a hexagram's Programming Partner, the hexagram that is its mirrored opposite. One is more yang, the other more yin. The two polarities yearn to be unified, and this union forms the sacred geometrical Mother of Life symbol, the Vesica Piscis. All opposites are irrevocably linked. When they come together, a pure harmonic is created that erases their difference, inviting them to rise to a higher frequency than they had access to individually. Now they can feel their true wholeness.

Programming Partners

HEXAGRAM 27



HEXAGRAM 28



ACUPOINT CATEGORIES

Window to Heaven Acupoint

Presencing a Window to Heaven Point is like opening a window or skylight in a dark, closed room to let in light and fresh air. Suddenly you see the beauty of the world, realize the magnificence of your own life, and can feel your universal connection to the Tao. Your inner vision clears and opens. Ancient Chinese medicine identified the heart, not the brain, as the official in charge of our intelligence.

Window to Heaven points harmonize the relationship between the heart and mind, balancing the heart's intuitive nature with the mind's linear rationality. Best used in conjunction with the constitutional Source Point, Window to Heaven points are to be activated only on a person who is already strong, balanced, and ready for new vision. Most of these points are located on the neck.



ACUPOINT CATEGORIES

Physiology Acupoint

Every hexagram is connected to an organ, nerve cluster, structure, or function in the body. The Physiology Point directly influences how this body part, system, or anatomical process functions.

This point invites the conscious and unconscious physical aspects associated with the DNA of this hexagram to harmonize.



CHOOSING A HEXAGRAM

You can receive your hexagram through any one of the following three esoteric sciences.

- Using the I Ching you can throw the coins and work with the hexagram they reveal.
- Using the Gene Keys you can choose a hexagram from Richard Rudd's book or your Golden Path Profile.
- Using Human Design you can choose to work with a hexagram from your BodyGraph.

OR

- Get a consultation with an AcuPresence Practitioner to guide you in choosing hexagrams.



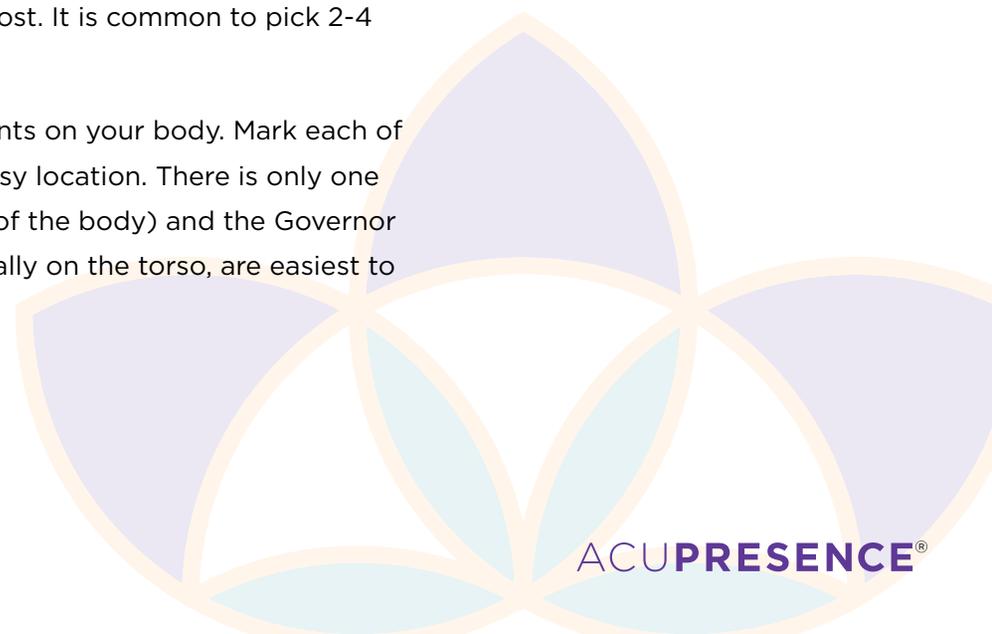
ATTUNEMENT SESSION GUIDELINES

The key ingredient in this practice of self-love is your presence.

Create your own personal Attunement Session by following the guidelines below.

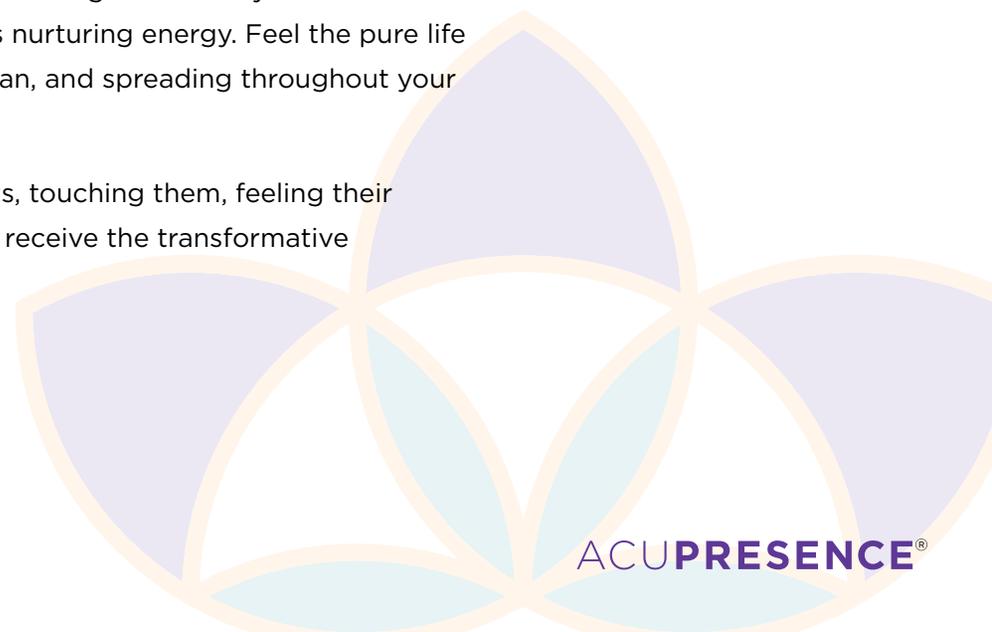
Presence yourself by getting comfortable, taking some deep breaths, and perhaps placing a hand on your heart or belly. Allow the mind and body to relax.

1. Read the Keynotes and Acupoint Synopsis Page for each of the acupoints for the hexagram. Familiarize yourself with all of the acupoints and contemplate the Essence, Medicinal Virtues and Category of each point.
2. Choose one or more points with which you resonate the most. It is common to pick 2-4 points, no more than 6 in one session.
3. Using the diagram on the synopsis page, locate the acupoints on your body. Mark each of the acupoints on both sides of your body with a pen for easy location. There is only one acupoint location on the Conception Vessel (front midline of the body) and the Governor Vessel (back midline of the body). Some acupoints, especially on the torso, are easiest to find by looking in a mirror.



ATTUNEMENT SESSION GUIDELINES

4. Write down or review the Invocation for each acupoint you have chosen.
5. Pick a key word or phrase from each Invocation and weave them together to create your Storyline Invocation. Keep this with you, memorize it, or post it where you can easily read and contemplate it.
6. Place an Attunement Seed or tool of your choice on the acupoint. Placing the tool is a conscious act of presencing and attuning to the essence of the acupoint. It's like striking a tuning fork of a high resonance and allowing your stuck qi to come back into its own highest resonance. The seed can remain on as long as you like. It then serves as a reminder, inviting you to return to the sacred site again later.
7. Attune to each selected acupoint. Contemplate its archetypal energy, imagine it, envision it, and feel it in your body. Rest your attention on the acupoint. You are not making anything happen, not imposing an agenda or applying effort. You are simply bringing your contemplative, receptive presence to the given acupoint and being with it. As you breathe deeply, allow yourself to fall into the embrace of the point's nurturing energy. Feel the pure life essence vibrating there, rippling out into the energy meridian, and spreading throughout your body.
8. Attune again throughout the day by revisiting the acupoints, touching them, feeling their essence, and repeating your Storyline Invocation to deeply receive the transformative medicine of the acupoints.



ATTUNEMENT SESSION GUIDELINES

Overview

1. Read all of the Acupoint Synopsis Pages.
2. Choose acupoints for this attunement session.
3. Locate and mark acupoints.
4. Write out or review the Invocations.
5. Create Storyline Invocation.
6. Place attunement seeds or other tools.
7. Attune to acupoints.
8. Attune and repeat your Storyline Invocation throughout the day.



INVOCATIONS

An Invocation is a statement that invokes the quintessence and the highest frequency of the acupoint.

When spoken, it releases this higher note or song into your body and consciousness and calls you into resonance with it. You can memorize an invocation, or post it in a place where you will see it often. To deeply receive the transformative medicine of the point, repeat and tune into the Invocations again throughout the day or week, to reawaken the frequency of the acupoints in your consciousness and body.

There are two ways to use Invocations when you're working with more than one acupoint at a time. The first is to write out the Invocation for each acupoint.

Example Invocations:

At *Amidst Elegance* (**KI.26**) I respect the beauty and grace within me, and behold the rich splendor of my life.

In the *Sea of Qi* (**CV.6**) I bathe in a vast reservoir of abundant Qi and am re-energized with a surge of vitality.

At *Leg Three Miles* (**ST.36**) I am grounded, stable, and empowered with the stillness and stamina to fulfill my life's purpose.

INVOCATIONS

Storyline Invocations

The second way to use invocations is to write a Storyline Invocation. A Storyline Invocation is created by selecting a few words or a phrase from each Invocation and weaving them together in a pleasing way that resonates and speaks to you.

Your Storyline Invocation serves as a powerful, inspiring statement that combines the quintessence of the acupoints you are working with. You can memorize and repeat it to yourself like a mantra, reaffirming your healing story throughout the day.

Example Storyline Invocations:

I am re-energized with a surge of vitality (**CV.6**) as I behold the rich splendor of my life (**KI.26**) and am empowered to fulfill my life's purpose (**ST.36**).

I am deeply nourished (**SP.21**), energized (**CV.6**), and at peace (**GV.20**), as I flow forward creatively (**LV.1**) to fulfill my destiny & live my greatest dreams (**KI.25**).

I am refreshed with love and happiness (**LU.10**) and grounded with clear vision (**GB.40**) as I move forward with vitality and confidence (**SP.6**).



THE ATTUNEMENT JOURNEY

Attuning to the sacred sites of your acupoints is an ongoing, moment-to-moment journey.

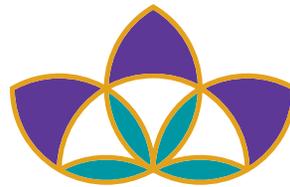
Once you've familiarized yourself with a variety of acupoints, you may find that you make quick stops at several different sacred sites throughout the day as you feel inspired, or you may find yourself staying with just one point for the day.

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

AcuPresence.co

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