



MEDICINAL ACUPRESENCE

Instruction Manual



ACUPRESENCE®

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Attunement is an ongoing, moment-to-moment journey.

MEDICINAL ACUPRESENCE OVERVIEW

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

The Medicinal branch of AcuPresence addresses your spiritual, emotional, mental, and physical health needs. In keeping with the lineage of Classical Chinese Medicine and the foundational principals of AcuPresence, it offers healing on the vibrational level, where imbalance begins.

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 Medicinal AcuPresence.

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

MEDICINAL ACUPRESENCE PROTOCOLS

AcuPresence looks at all aspects of your being with the intent to bring your whole self back into balance and harmony.

Easily accessible, empowering, and effective, Medicinal AcuPresence supports your everyday well-being by supplying specific self-healing protocols or sets of acupoints which can restore and enhance your natural state of vitality and thriving. Each protocol offers a selection of 10-15 acupoints for you to choose from, to support you in meeting your needs.

There are sets of points for preventive self-care or to strengthen the spirit. You can begin your day with a morning AcuPresence protocol to help you wake up feeling held, nourished, and in loving connection with your infinite self. You can create an evening attunement ritual to integrate the day and prepare for deep, regenerative rest. There are soothing protocols for children and elders as well.



MEDICINAL ACUPRESENCE PROTOCOLS

There are also protocols that provide more specific medicinal benefits, such as strengthening the immune system, harmonizing emotional stresses, balancing hormones, and relieving headaches, to name a few. On the AcuPresence website, you can find and download these carefully crafted protocols.

These acupuncture-based protocols offer a selection of acupoints for you to choose from. You will design your own personal attunement session by selecting the acupoints that best meet your precise needs of the moment. Usually 2-4 acupoints are chosen, never more than 6.

For more personalized support, a protocol can be designed specifically for you by an AcuPresence Practitioner via a consultation. You will be provided with your unique set of acupoints and attunement guidelines.



DESIGNING YOUR MEDICINAL ACUPRESENCE SESSION

In keeping with the tradition of Five Element Acupuncture, we are looking at all aspects of the whole being.

The primary focus of AcuPresence is not on a physical ailment or problem. A founding principle is that disease is not rooted in the physical manifestation. The essence or initial cause of a physical disharmony often starts with an emotional, spiritual or mental imbalance or pain. This is also where the healing happens in order to bring lasting resolution. Thus, the intention of treatment is always to bring harmony at this causal inner level by addressing the vibrational component.

Another important thing to remember is that there is no specific treatment that works for every individual. The root cause of an imbalance is unique to each person. Therefore the same treatment is not always appropriate for everyone.

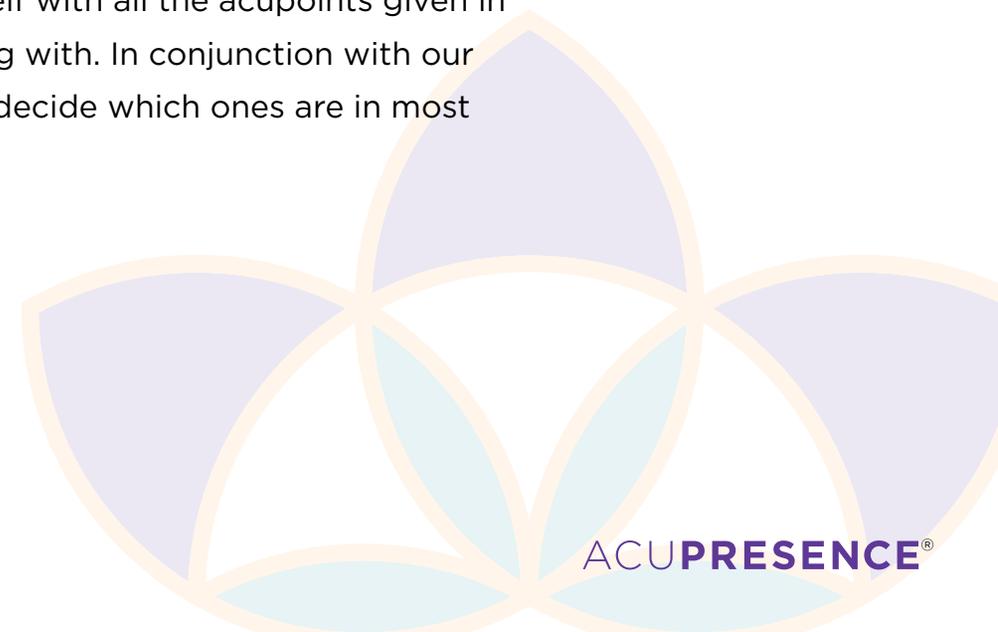


DESIGNING YOUR MEDICINAL ACUPRESENCE SESSION

There are certain acupuncture points that have proven effective for centuries for healing certain imbalances, such as *Joining of the Valleys*, Large Intestine 4, for intestinal problems such as constipation. It is also very effective for headaches. However, in AcuPresence Protocols we are not looking to just treat your symptom; we are looking to support the core cause, which could be that you aren't letting go of something in your life due to unresolved grief. Thus, we would want to focus on supporting you to embrace the grief and include that aspect in your healing.

In this practice we want to contemplate and embrace the spiritual, emotional and mental disharmony as well as the physical. We are not just looking for a band-aid. A quick fix can be appropriate at times for symptom relief, yet in addition we also want to address the root cause. Otherwise, more than likely the imbalance will re-occur.

With this in mind, we invite you to familiarize yourself with all the acupoints given in the Medicinal AcuPresence Protocol you are working with. In conjunction with our basic protocol suggestions, you are empowered to decide which ones are in most resonance with your unique needs.



ATTUNEMENT SESSION GUIDELINES

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

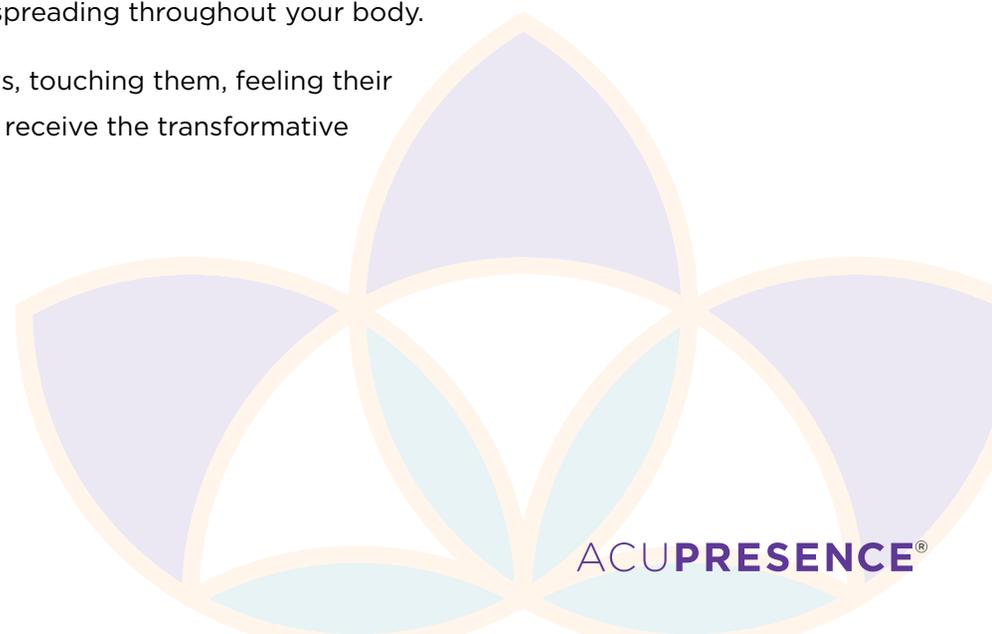
Create your own personal Attunement Session by following the guidelines below.

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 Acupoint Synopsis Page for each of the acupoints listed. Familiarize yourself with all of the acupoints and contemplate the Essence and Medicinal Virtues 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, 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.
4. Write down the Invocation for each point you have chosen.

ATTUNEMENT SESSION GUIDELINES

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 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 acupoint.



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.

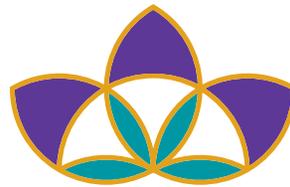
Once you've familiarized yourself with a variety of acupoints, you may find that you make quick stops at several different sacred sites throughout the day as you feel inspired, or you may find yourself staying with just one point for the day.

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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