



MEDICINAL ACUPRESENCE

Self-Connection Protocol



ACUPRESENCE®

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

INTRODUCTION

Medicinal AcuPresence is a branch of **AcuPresence**[®], a transformative self-healing art based on the tradition of Classical Acupuncture and the universal principle that everything is vibration.

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

This Medicinal AcuPresence Self-Connection Protocol is used in companionship with the **Medicinal AcuPresence Instruction Manual**, available as a free download at AcuPresence.co.

Each Medicinal AcuPresence Protocol is carefully crafted with a set of acupoints specifically indicated to support you in meeting your needs to remedy a condition, harmonize an imbalance, and restore full well-being.

INTRODUCTION

Self-Connection Protocol Overview

Self-Connection, an AcuPresence Medicinal eBook was created by Alaya DeNoyelles to give you an opportunity to experience the vibrational healing art of AcuPresence. Included in the free eBook are 4 of the 108 AcuPresence acupoints to choose from as you design your healing attunement sessions.

When your connection to your own inner essence feels nourished and strong, you are more likely to experience life as harmonious and pleasurable. This sample eBook protocol invites you to receive the healing gifts of self-connection by creating a conscious relationship with the 4 acupuncture points offered, and by activating and attuning to their specific vibrational signatures.

AcuPresence invites you to take your self-care into your own hands. It's not about diagnosing and fixing symptoms. AcuPresence is based on the premise that when we thrive at the core level, stress and suffering will dissipate.

This is a practice of self-healing at the causal level. Your attunement session enhances vitality and well-being by freeing up stagnant Qi, awakening the highest frequencies that rest within your body, and opening the flow of your natural, radiant energy.

INTRODUCTION

The Medicinal AcuPresence Protocols address the vibrational cause of imbalance in the body, often stemming from an emotional, mental, or spiritual deficiency. Your acupoints heal by releasing stuck Qi and reawakening the frequency of the original vibrant life force in your meridians. This allows you to experience your core essence. The goal is long-term healing, not just symptomatic relief.

Each protocol offers suggestions and guidelines that empower you to design your own personalized attunement sessions. Only you know which acupoints' vibrational signatures resonate perfectly with your specific needs. Select your points by reading the Acupoint Synopsis Pages, paying special attention to the Essence and Medicinal Virtues sections. You will feel certain Invocations speaking to you, calling you home to yourself.

This AcuPresence Medicinal protocol can be done first thing in the morning. This is one of the activities such as yoga or meditation that can set the tone of your day. It can also be done during the day or in the evening before bed. Giving yourself the gift of self-connection before sleep will give you a wonderful night's rest.

Begin your session by checking in with yourself to review and contemplate how you're feeling in this moment. It can be helpful to ask what you might be needing on a spiritual, mental, emotional and physical level.

MEDICINAL ACUPRESENCE PROTOCOL

Designing Your Self-Connection Protocol

Following are some example questions for inner contemplation to prepare for your attunement session.

Am I speaking with love and respect to myself?

Could I use a boost of creativity in my life?

Am I holding on to something that no longer serves me?

Does my Qi, my vital energy, need refreshing?

Do I feel inspired and supported, or stagnant and depleted?

Is my mind focused and clear, or worried and stressed?

Does my heart feel open and relaxed?

Am I having a good time?

Once you've clarified your intentions and desires for your session, you are ready to review the Acupoint Synopsis Pages to choose your acupoints. Contemplate the Essence and Medicinal Virtues of each acupoint to assist you in choosing which points will best meet your precise needs of the day. Usually 1-4 acupoints are chosen, never more than 6 in any given session.



MEDICINAL ACUPRESENCE PROTOCOL

Basic Attunement Guidelines

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

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

PROTOCOL ACUPOINTS

Morning Protocol Acupoints

Amidst Elegance | Kidney 26 | **KI.26**

Within The Breast | Conception Vessel 17 | **CV.17**

Joining of the Valleys | Large Intestine 4 | **LI.4**

Spirit Gate | Heart 7 | **HT.7**



ACUPOINT SYNOPSIS PAGES

The Acupoint Synopsis Pages for the acupoints offered in the Self-Connection Protocol contain all the information you need for your AcuPresence Attunement Session.

[Amidst Elegance](#) | [Within The Breast](#) | [Joining of the Valleys](#) | [Spirit Gate](#)





KIDNEY 26 | KI.26

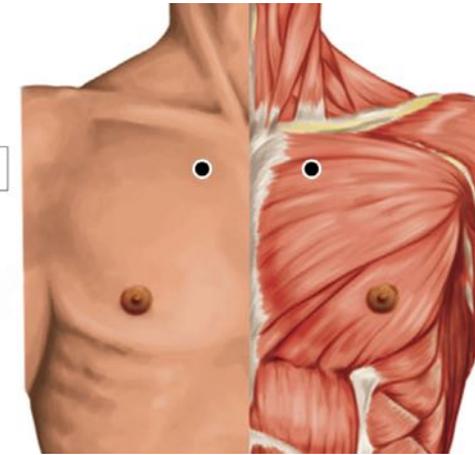
Amidst Elegance

INVOCATION

At Amidst Elegance, I respect the beauty and grace within me, and behold the rich splendor of my life.

ESSENCE OF AMIDST ELEGANCE

Amidst Elegance reveals the grace, the beauty, and the elegance within. Removing any tarnish from our pure original nature, we are taken to the inner domain of the heart to discover our true diamond essence. Here we behold the rich splendor from which we were birthed. It is a domain of self-respect, inner peace, and tranquility. Our inner vision is renewed, inspiring us to respect the dignity of life in all things, within and without.



LOCATION

On the thorax (ribcage), in the first 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 first rib to the first intercostal space, between the first and second ribs.



MEDICINAL VIRTUES

Inspires self-respect. Reveals the grace and beauty within. Restores inner peace and joy.

Harmonizes: grief, discouragement, depletion, chronic fatigue, asthma, chest pain, cough



I CHING HEXAGRAM(S)

Spirit Point: 1, 4, 5, 6, 8, 13, 18, 25, 26, 31, 44, 54, 58, 59



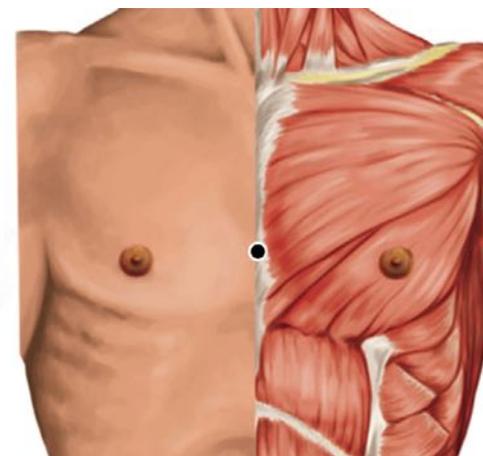
Within The Breast

INVOCATION

Within the Breast, I am healed by warm softness and sensitivity and bring my tender, open heart to the world.

ESSENCE OF WITHIN THE BREAST

The love and warmth of the heart lie within the breasts. Just as a baby is nourished with the life-giving milk that flows from the mother's breast, we too are healed by the warm softness and sensitivity of this center, our inner storehouse of light. This spiritual vortex is a temple of heaven within our body. Here we are filled with the love and wisdom streaming from the heavens, where deep peace and harmony reside. With great tenderness in our open heart, we bring our sincere presence into the world.



CV.17

LOCATION

On the front midline of the body, at the level of the fourth intercostal space (space between ribs). Tip: Place finger in the space just below the clavicle (collar bone). Slide down over four ribs to the fourth intercostal space, slide finger to midline.



MEDICINAL VIRTUES

Nourishes and warms our tender, open heart. Stimulates the immune system. Dissolves stress and worry.

Harmonizes: fatigue, labored breathing, angina, breast abnormalities, pulmonary and cardiac malfunctions, blood disorders, edema, spasms, smoking withdrawal, neck tumors, hiatal hernia, insomnia



I CHING HEXAGRAM(S)

Physiology Point: 10

Energy Center Point (G): 1, 2, 7, 10, 13, 15, 25, 46



LARGE INTESTINE 4 | LI.4

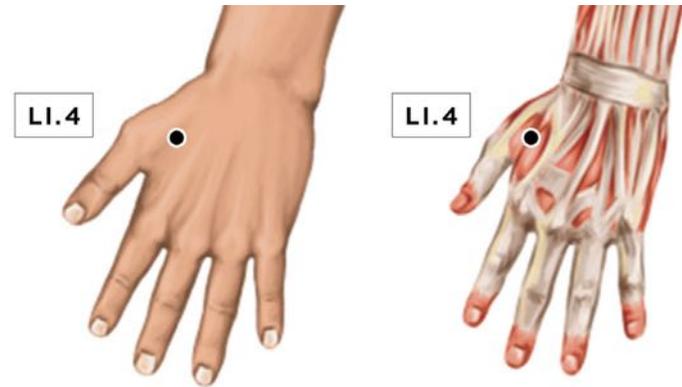
Joining of the Valleys

INVOCATION

*At Joining of the Valleys, I release
all blocks and stagnation, and
embrace the clear flow of wholeness
and harmony.*

ESSENCE OF JOINING OF THE VALLEYS

The Great Eliminator clears out our system and revitalizes our Qi with fresh energy, turning our thoughts to the perspective of the heart. The Large Intestine works in partnership with the Lungs to balance the cycles of receiving and letting go. Blockages are removed and stagnation is released. Negativity, rubbish, and poisons in body, mind, and spirit are washed away. In Joining of the Valleys, all things flow in wholeness and harmony. Streams run clear and bright to the sea, embracing sunshine and rain, allowing things to pass when their moment is done.



LOCATION

On the backside of the hand, in the triangular web between the thumb and the first finger.



MEDICINAL VIRTUES

Release toxins and negativity. Empowers receiving and letting go. Clears and revitalizes.

Harmonizes: alcohol and drug addiction, migraines, tension, depression, night sweats, toothache, cough, fluid retention



I CHING HEXAGRAM(S)

Physiology Point: 60



HEART 7 | HT.7

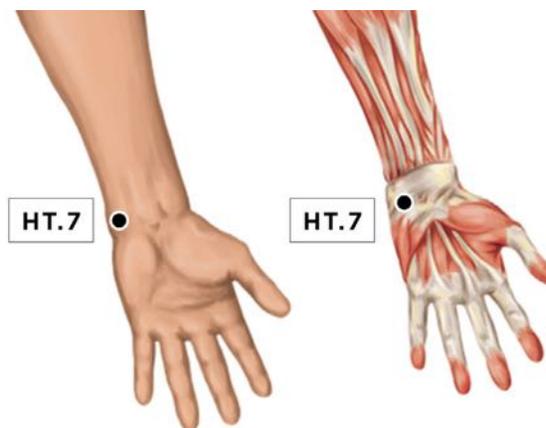
Spirit Gate

INVOCATION

At Spirit Gate, the love of the universe opens the boundless joy of my heart.

ESSENCE OF SPIRIT GATE

This gateway of spirit provides entry into and exit out of the imperial chamber of the heart, through which the love of the universe can continuously flow. This gate releases the beauty of our spirit, allowing us to see the glory and goodness within and without. As the earth point on the heart meridian, Spirit Gate nourishes us with the warm qualities of stability and security. Here, love is an adventure in compassion and boundless joy.



LOCATION

On the crease of the flexure of the wrist, on radial (baby finger) side of the pisiform bone (small bone tip just above wrist). Tip: Palpate the small bone on baby finger side of wrist. Point is in a small notch formed by the tendon and the pisiform bone.



MEDICINAL VIRTUES

Stabilizes and calms the mind and emotions. Nourishes security. Provides access to the heart.

Harmonizes: anxiety, insomnia, epilepsy, heart failure, memory loss



I CHING HEXAGRAM(S)

Source Point: 35, 36

Vesica Point: 5, 6

INVOCATIONS

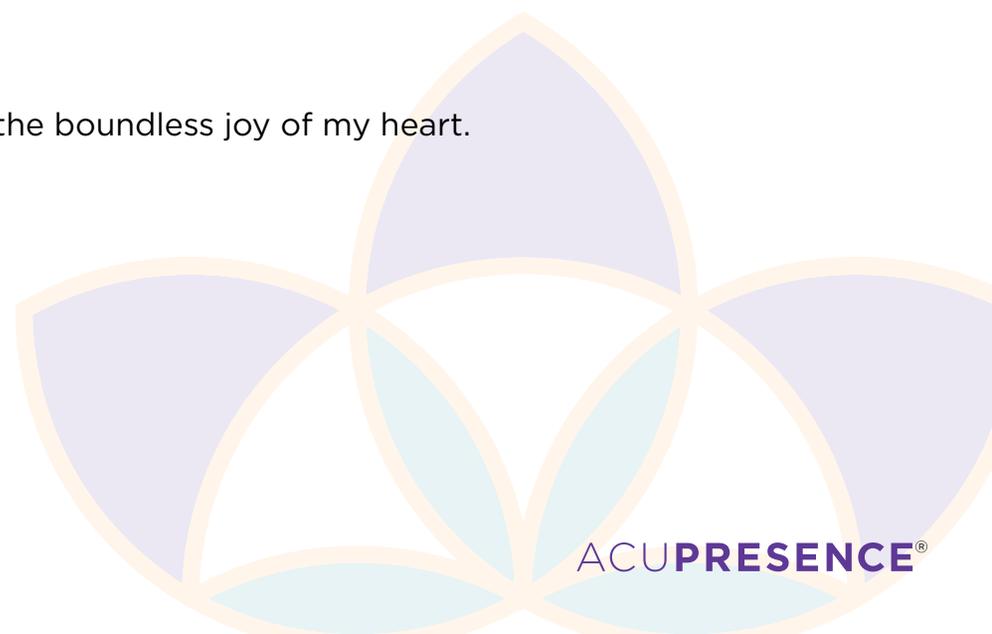
The Invocations invoke the Spirit of the acupoints offered in the Self-Connection Protocol.

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

Within the Breast (CV.17) I am healed by warm softness and sensitivity and bring my tender, open heart to the world.

At Joining of the Valleys (LI.4) I release all blocks and stagnation, and embrace the clear flow of wholeness and harmony.

At Spirit Gate (HT.7) the love of the universe opens the boundless joy of my heart.



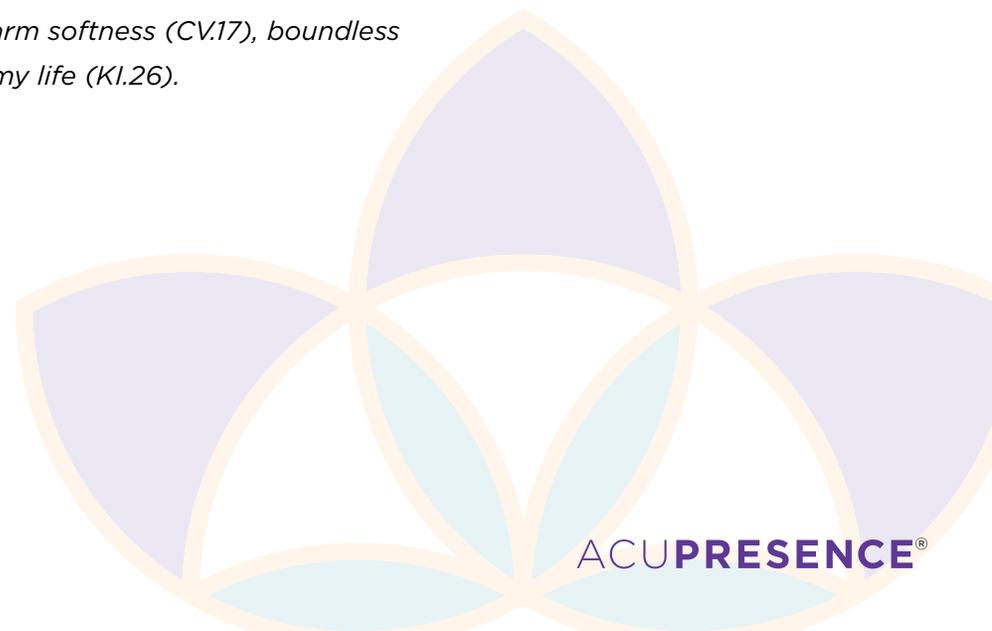
STORYLINE INVOCATION

A Storyline Invocation is a personal, creative weaving of the Invocations for each of the acupoints.

Using the Invocations for the Self-Connection Protocol acupoints you chose for your attunement session, create your personal Storyline Invocation. Choose a favorite word or phrase from each invocation, and weave them together into one transformative sentence or mantra that will inspire you again and again.

Example Storyline Invocation created for the Self-Connection Protocol:

As I release all that doesn't serve me (LI.4) I am healed with warm softness (CV.17), boundless joy opens in my heart (HT.7) and I behold the rich splendor of my life (KI.26).



THE ATTUNEMENT JOURNEY

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

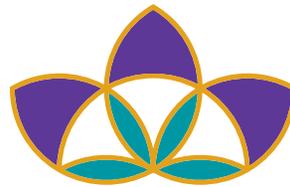
Once you've familiarized yourself with a variety of acupoints, you may find that you make quick stops at several different sacred sites throughout the day as you feel inspired, or you may find yourself staying with just one point for the day.

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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