



# I Ching Acupuncture - The Balance Method: Clinical Applications of the Ba Gua and I Ching

*By David Twicken*

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I Ching Acupuncture - The Balance Method is a system of acupuncture point selection based on the principles of Chinese philosophy and classic Chinese texts, including the I Ching, Nei Jing Su Wen and Ling Shu. In this unique book Dr. Twicken presents classic Chinese philosophical models that explain the relationships between philosophy, Chinese medical principles, acupuncture channels and the human body. The models are the He Tu, Luo Shu Nine Palaces, Early Heaven Ba Gua, Later Heaven Ba Gua, Twelve-Stage Growth Cycle, Stems and Branches and the Chinese calendar. These models and theories clearly show the relationships between the acupuncture channels and the human body and provide guiding theory for acupuncture strategies and point selection. I Ching Acupuncture presents six Balance Methods. This clinically effective system of acupuncture is based on minimal and distal acupuncture treatments.

I Ching Acupuncture - The Balance Method is a valuable and effective acupuncture system that can complement any practice.

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### Editorial Review

#### Review

I Ching Acupuncture is a great read for acupuncture practitioners with an understanding of the theories and philosophies that are used in the art of TCM. -- Journal of the Acupuncture Association of Chartered Physiotherapists I am most delighted to welcome David Twicken's new book I Ching Acupuncture - The Balance Method. This book lays a solid foundation for understanding the background theories of acupuncture. The simplicity and clarity of presenting a profound subject is truly fantastic -- Joseph Yu, founder of Feng Shui Research Center, Toronto, Canada I have followed David Twicken's work since 1998. He has authority of lineage and direct knowledge, which brings clarity and accuracy. This work is mature and it is my number one recommendation when learners ask me what resources there are for I Ching theory as it pertains to acupuncture. -- William R. Morris, PhD, President, AOMA Graduate School of Integrative Medicine, Austin, Texas The most brilliant, concise, penetrating synthesis of Taoist cycles ever done. Suddenly I Ching trigrams, ten-stem/twelve-branch Chinese calendar, yin-yang, five-phase, twelve hour body-clock and six channel medical theories all leap into sharp, unified focus. More amazingly, Twicken turns theory into easily grasped 'how-to' practice. Finally we have a clear map of Taoist body channels, natural models of healing and life-balance that acupuncturists, taiji and qigong players, energy healers, and feng shui and astrology adepts cannot do without. -- Michael Winn, founder of HealingTaoUSA.com and co-author of seven Tao books with Mantak Chia In Classical Chinese Medicine, the highest level doctors utilize the Yijing to deepen their understanding of the medicine itself, and to enhance their clinical results. In his book I Ching Acupuncture - The Balance Method, David Twicken provides the serious practitioner a method for far-reaching healing through the guidance of the Yijing. -- Master Zhongxian Wu, lineage holder of four schools of qigong and martial arts, and author of Vital Breath of the Dao, Seeking the Spirit of the Book of Change and Chinese Shamanic Cosmic Orbit Qigong There have been many books on the I Ching and Acupuncture, but rarely with such clear integration of a deeper and thorough understanding of this ancient philosophy and wisdom. David Twicken's book has given the readers what we need to know, 'The Balance Method' in learning and partaking in these treasures from the sages of the old China. -- Master Chungliang Al Huang, founder of Living Tao Foundation and author of Embrace Tiger, Return To Mountain, Essential Tai Ji, Quantum Soup and The Chinese Book of Animal Powers Practitioners and enthusiasts of feng shui alike will discover far-reaching new insights about its underpinning elements in this new book by David Twicken... David has succeeded in translating complex theoretical information into easily read, practical applications with clarity and simplicity... the information he shares will be of direct value to feng shui practitioners... A worthwhile reference book, it deserves a place in your collection. -- Feng Shui Society Newsletter

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I Ching Acupuncture is a great read for acupuncture practitioners with an understanding of the theories and philosophies that are used in the art of TCM. (Journal of the Acupuncture Association of Chartered Physiotherapists)

I am most delighted to welcome David Twicken's new book I Ching Acupuncture - The Balance Method. This book lays a solid foundation for understanding the background theories of acupuncture. The simplicity and clarity of presenting a profound subject is truly fantastic (Joseph Yu, founder of Feng Shui Research Center, Toronto, Canada)

I have followed David Twicken's work since 1998. He has authority of lineage and direct knowledge, which

brings clarity and accuracy. This work is mature and it is my number one recommendation when learners ask me what resources there are for I Ching theory as it pertains to acupuncture. (William R. Morris, PhD, President, AOMA Graduate School of Integrative Medicine, Austin, Texas)

The most brilliant, concise, penetrating synthesis of Taoist cycles ever done. Suddenly I Ching trigrams, ten-stem/twelve-branch Chinese calendar, yin-yang, five-phase, twelve hour body-clock and six channel medical theories all leap into sharp, unified focus. More amazingly, Twicken turns theory into easily grasped 'how-to' practice. Finally we have a clear map of Taoist body channels, natural models of healing and life-balance that acupuncturists, taiji and qigong players, energy healers, and feng shui and astrology adepts cannot do without. (Michael Winn, founder of HealingTaoUSA.com and co-author of seven Tao books with Mantak Chia)

In Classical Chinese Medicine, the highest level doctors utilize the Yijing to deepen their understanding of the medicine itself, and to enhance their clinical results. In his book I Ching Acupuncture - The Balance Method, David Twicken provides the serious practitioner a method for far-reaching healing through the guidance of the Yijing. (Master Zhongxian Wu, lineage holder of four schools of qigong and martial arts, and author of Vital Breath of the Dao, Seeking the Spirit of the Book of Change and Chinese Shamanic Cosmic Orbit Qigong)

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Practitioners and enthusiasts of feng shui alike will discover far-reaching new insights about its underpinning elements in this new book by David Twicken... David has succeeded in translating complex theoretical information into easily read, practical applications with clarity and simplicity... the information he shares will be of direct value to feng shui practitioners... A worthwhile reference book, it deserves a place in your collection. (Feng Shui Society Newsletter)

#### About the Author

David Twicken is a licensed acupuncturist and professor and practitioner of traditional Chinese medicine, Qi Gong, feng shui and Chinese astrology. He has studied the Asian arts for 30 years. He resides in Los Angeles, California.

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