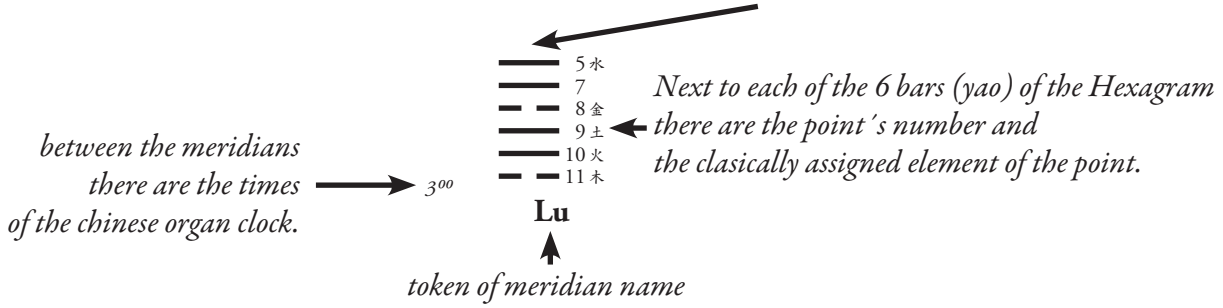
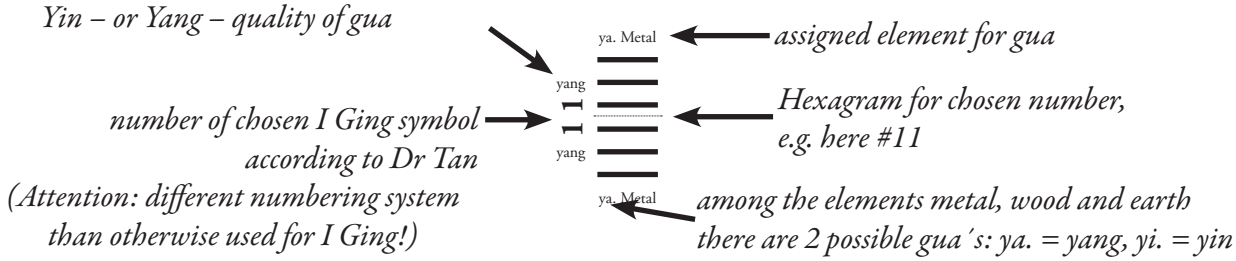
Manual
for
I Ging Disc

The I Ging Disc is a tool consisting of 3 rotatable layers to combine each of the 12 meridians with the 64 I Ging – Hexagrams:

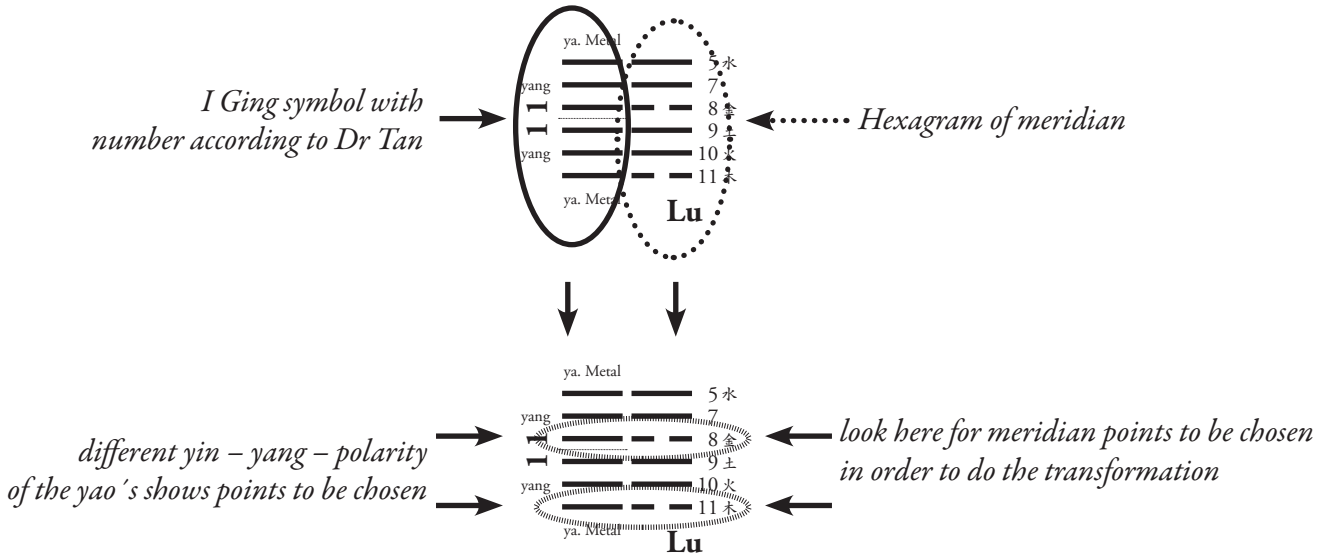
☯ the 12 sided lower layer shows the meridians with their assigned I Ging symbol:



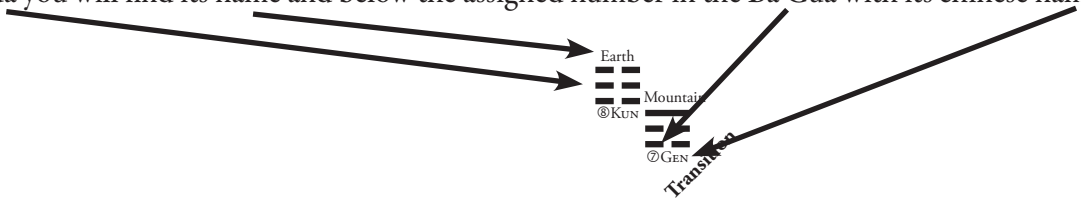
☯ next to the meridians you can put the fingers of 2 paired 8 sided inner layers. By building a pair of 2 of the 8 gua´s you can form any of the 64 I Ging symbols:



☯ Putting a meridian next to an I Ging – symbol you can easily see the points to be needled:



☯ In the inner central part the seasons with their assigned symbol (= gua) can be found. Above each gua you will find its name and below the assigned number in the Ba Gua with its chinese name.

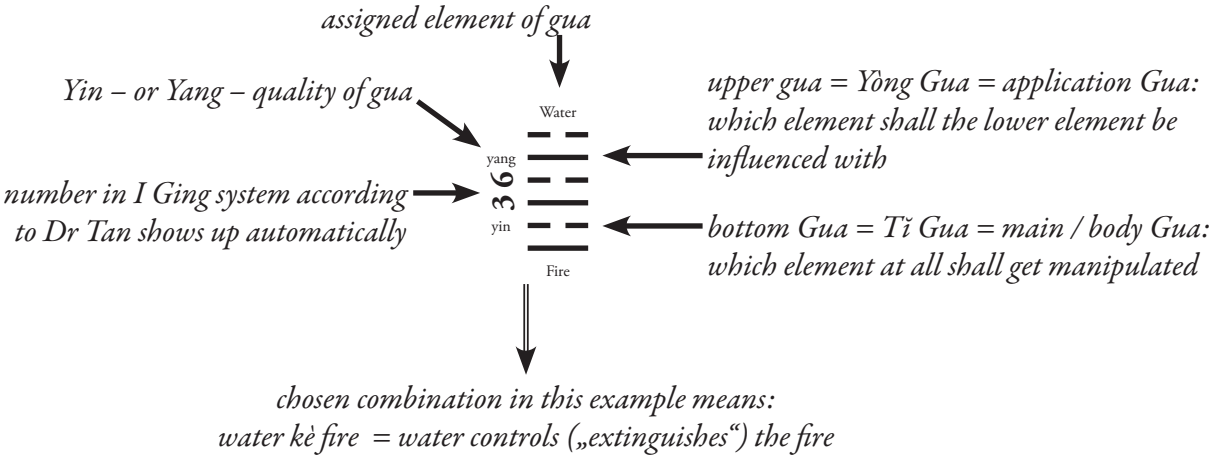


The seasons of spring, fall and the transition times each have 2 assigned gua´s free to choose among.

The I Ging Disc eases the use of the balance – techniques of the **5 elements** and the **seasonal acupuncture**:

☯ **5 elements:**

With the disc it´s now easy to do the often complex transformations needed for 5 elements – acupuncture.

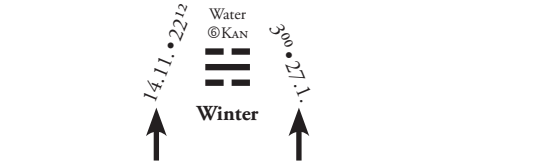


Now simply put the chosen combination of both gua´s next to the necessary meridian and the acupuncture points to be needled can be read immediately (see page before of this manual).

☯ **Seasonal acupuncture:**

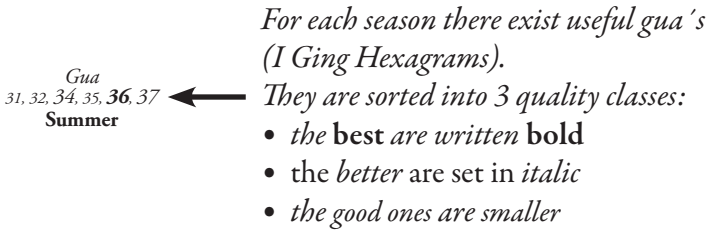
All necessary information can be found in the central part of the disc:

❋ Changing times during year and day



The times of day are cited of the book "The Perfect Seasons" written by Ilan Migdali, the seasons were calculated to consist of 72 days per main season and 4 transition times of each having 18 days. It may be necessary and wise to apply for individual experience or climatic environment. Specification of the seasons is related only to the northern hemisphere of the world!

❋ Gua´s (I Ging Hexagrams)



Having chosen a fitting gua you form its number using both upper discs and put it next to the affected meridian. The acupuncture points to be needled can now be read easily (see page before of this manual).

☼ ☽ Additionally to the solar calendar with the circle of the year at the front side of the I Ging Disc you will find on the **back side** the relation of the seasons to the **moon calendar** and menstruation cycle. The gua´s assigned to the seasons can be found in the central part on the front side.