

# **I Ching , DNA and acupuncture**

## **1. Introduction**

After years of travelling through Europe, the Middle East, Australia and Asia, I came back to Holland with a new look on health, medicine and curing strategies.

In each country people had a different view on what the best way was to help in case of illness and diseases.

What had to be avoided in one country, could be taken as a cure in another one.

It took me many years to understand the mechanisms behind these contra dictionary examples.

The solution was not to search for the differences, but more to look at the resemblances between the different systems and find out if there might be a greater similarity which could explain why one culture mentioned one thing and an other the opposite.

For several years I studied all kinds of different ancient and modern systems.

In the end I found an interesting similarity between the I Ching, the book of changes, probably the oldest book in the world and the DNA code, the code of life found in the West. In this way I started to treat people with the knowledge of the I Ching and the DNA with a new kind of acupuncture strategy.

In this article I will explain some amazing examples of the similarity between the two systems.

## **2 . The I Ching, The Book of Changes.**

### **2 .1.1. Historical truth**

Being probably the oldest book in the world, this book belongs to the Woe Ching, the 5 classic works of the Chinese culture.

I or Yi 易 means change, transform, the chameleon and Ching or Ying 經 means classic book, in China it's also known under the name Zhouyi, meaning the changes or transformation in the time of the Zhou dynasty.

The I Ching is a book that was used for divination. Divination is the practice of attempting to foretell future events or discover hidden knowledge by occult or supernatural means.

It has its roots in the Bronze age in China. The people in that time used animal bones which they heated in a fire, from the cracks that appeared they could “read” what time could bring.

From this time the four famous ideograms which are used in the basic text , Yuan, 元 Heng 亨, Li 利 and Zhen 貞, date. These four ideograms stand for many things like the four seasons but also for fundamentality ,prosperity, advantage and genuineness.

The I Ching which we use today is from the 8th century BC. by the people of the Zhou dynasty who used it for divination to overthrow the Shang dynasty.

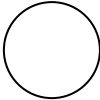
### **2.1.2. Mythical truth .**

According the legend the hexagrams(the 6 line code of the I Ching) are the work of Fu xi. Fu Xi was a legendary leader and the first Emperor of China who lived from 2852 till 2737 BC. One of the stories is that he walked besides the Yellow river and saw a dragon horse rising out of the water with special signs. Seeing this he was inspired to make the hexagrams. He also invented writing, marriage, mapped constellations and taught people to fish with nets. He is also known as the inventor of the Early Heaven sequence.

Another legendary figure in the I Ching is King Wen, who was imprisoned for seven years by “Zhou the Tyrant” the last emperor of the Shang Dynasty. During the time he was in prison he had several insights that would change the I Ching forever. He is known as the inventor of the Later Heaven sequence and of the names and numbers of the Hexagrams. After his death in 1135 BC one of his sons, the Duke of Zhou wrote the commentaries of each of the 384 lines. This made the I Ching complete as we know it at this moment.

**2.2. I Ching cosmology**

In the beginning there was nothing, it was even the time before nothing. When we started to name the nothing, we named it the beginning. The one, the middle point of the circle. The circle itself is the border of the oneness, the Yuan, the name of emptiness. The wu-ji.



Then there was a division into yin -- and yang — With this we could name differences like man, woman, night and day, dark and light, sun and moon.

But we wanted to make a bigger variation, and there were the four forces. Now we could name the season: spring, ☳ summer ☱, autumn ☴ and winter ☵



By adding a extra yin or yang line we got the eight trigrams the eight ba gua, the eight spirits.

☰	☳	☱	☴	☵	☴	☲	☶
Heaven	Thunder	Water	Mountain	Earth	Wind	Fire	Lake

These 8 spirits are like nature guiding powers they are present in every country and culture and always stay the same.

A trigram is the expression of Heaven, Man and Earth, top line Heaven, bottom line Earth and middle line Man. The triple warmer concept. The trigrams have a very broad range of meanings. For instance wind itself is invisible but is felt indirectly on our skin but it is also The Gentle or the eldest daughter and the undecided. Each trigram has several qualities. Some look obvious others are quit obscure.

By placing the eight trigrams on top of each other we have the sixty-four hexagrams. The top trigram is the expression of the outside and the bottom the inside. With these 64 hexagrams we have the description of everything there is in reality.

The hexagrams have all different names given by King Wen. The translation of hexagram 32 ☳☱ Héng 恒 is Constancy, and that is trigram thunder on top and trigram wind at the bottom. So there is an invisible energy of wind on the inside and a powerful explosive energy on the outside. This is the expression of longstanding processes like a job or a marriage.

By the process of divination one gets an answer from the I Ching, this process works on the level of resonation, intuition is triggered and one understands what the I Ching is trying to tell. When one line or more lines change from yin into yang or vice versa , the hexagram changes into an other hexagram. All sixty-four hexagrams can change into each other, for

every line there is a different line text. So the I Ching can give 4096 different answers. It is something like mathematics not with numbers but with words and images. (fig .1.)

	☰	☱	☲	☴	☵	☶	☷	☸
☰	1	34	5	26	11	9	14	43
☱	25	51	3	27	24	42	21	17
☲	6	40	29	4	7	59	64	47
☴	33	62	39	52	15	53	56	31
☵	12	16	8	23	2	20	35	45
☶	44	32	48	18	46	57	50	28
☷	13	55	63	22	36	37	30	49
☸	10	54	60	41	19	61	38	58

Figure 1. Hexagram Table ; 64 different hexagrams – horizontal upper trigram , vertical lower trigram.

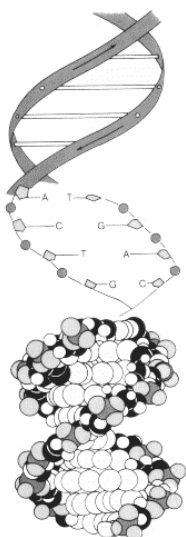
### 3. DNA

In 1954 Watson and Crick found the structure of life, which they called DNA. That's short for Deoxyribonucleic acid.

In the nucleus of the cell there are 23 pairs of chromosomes. They are the carriers of the genetic material. The structure of these chromosomes is built by long chains of DNA.

DNA are long spiralling chains, like endless turn staircases. The sides are made from sugars and phosphates and the staircases from hydrogen-bonded base pairs.

There are 4 types of base pairs known in nature. Thymine (Uracil in RNA), Adenine, Cytosine and Guanine.



Thymine(T) is always opposite of Adenine(A) and Cytosine(C) always opposite of Guanine(G).

People have about 3 billion base pairs. On 30.000 till 50.000 of the genes in humans there is information about the genetic structure. The rest of the DNA has a different function.

Three of these base pairs make a amino acid and is called a triplet. These amino acids are the building blocks of life. There are sixty-four combinations of base pairs possible, and twenty-two amino acids. Several different combinations make the same amino acid.(fig .3.)

Figure 2. DNA structure

	A amino acid	C amino acid	T(U) amino acid	G amino acid	
A	AAA - Lys	ACA - Thr	ATA - Leu	AGA - Arg	A
A	AAC - Asn	ACC - Thr	ATC - Leu	AGC - Ser	C
A	AAT - Asn	ACT - Thr	ATT - Leu	AGT - Ser	T
A	AAG - Lys	ACG - Thr	ATG - Met	AGG - Arg	G
C	CAA - Gln	CCA - Pro	ATA - Leu	CGA - Arg	A
C	CAC - His	CCC - Pro	ATC - Leu	CGC - Arg	C
C	CAT - His	CCT - Pro	ATT - Leu	CGT - Arg	T
C	CAG - Gln	CCG - Pro	ATG - Leu	CGG - Arg	G
T	TAA - Stop	TCA - Ser	TTA - Leu	TGA - Stop	A
T	TAC - Tyr	TCC - Ser	TTC - Phe	TGC - Cys	C
T	TAT - Tyr	TCT - Ser	TTG - Phe	TGT - Cys	T
T	TAG - Stop	TCG - Ser	TTG - Leu	TGG - Trp	G
G	GAA - Glu	GCA - Ala	GTA - Val	GGA - Gly	A
G	GAC - Asp	GCC - Ala	GTC - Val	GGC - Gly	C
G	GAT - Asp	GCT - Ala	GTT - Val	GGT - Gly	T
G	GAG - Glu	GCG - Ala	GTG - Val	GGG - Gly	G

Figure 3. Genetic code Table. In RNA Thymine(T) is replaced by Uracil(U).

#### 4. DNA and I Ching

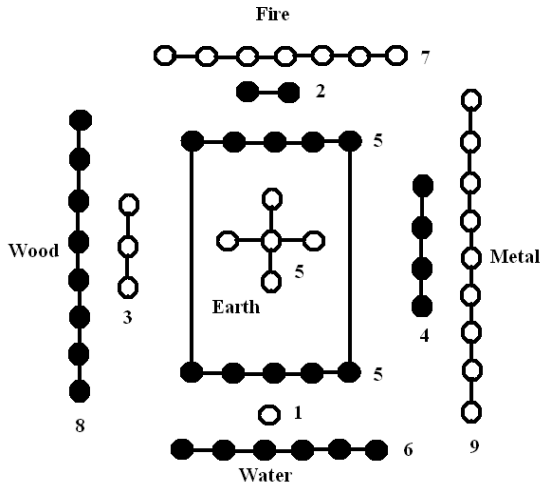
Dr Marie-Louise von Franz wrote the first time about the astonishing relations between the I Ching and DNA in a article” Symbol des Unus Mundus”. In 1973 Martin Schonberger wrote his book “ Verborgener Schlüssel zum Leben- Weltformel I Ging im genetische Code” . In this book he describes the many similarities he found between the DNA and the I Ching.

DNA	I Ching
A : Adenine T : Thymine C : Cytosine G: Guanine	Moving yin (6) ☯ Stable yang (7) — Stable yin (8) -- Moving yang (9) ☳
Three letters form a code	Three lines form a trigram
64 possible triplets, who form the 22 possible amino acids	64 possible hexagrams, which form the oracle
The direction in which the code words are read is strictly determined	The direction in which the hexagrams are read is strictly determined
Plus and minus double helix	Yang and yin are the basic elements
Two of the triplets have the name and function ; to begin and to end.	Two hexagrams have the name before and after completion

Figure 4. DNA and I Ching table

In the TAO of Chaos by Katya Walter written in 1994, she describes other very interesting similarities. Besides the astonishing relation in the structure of sixty-four she finds also something on an other level.

An important diagram in the I Ching is the so called Ho Tu, the diagram of the Yellow River, said to have originated with Fu Shi. This map is also very important for acupuncture.



When we look at the dots we find, Wood, 11. Water 12, Metal 13, and Fire 14 together 50 and in the middle 5 for Earth. In total 55 dots.

Figure 5. Ho Tu or Yellow River Map

Looking at the DNA base pairs we have Cytosine 11, Adenine 13, Thymine 13, Guanine 13 together also 50 and Hydrogen Bonds 5. In Total 55 atoms.

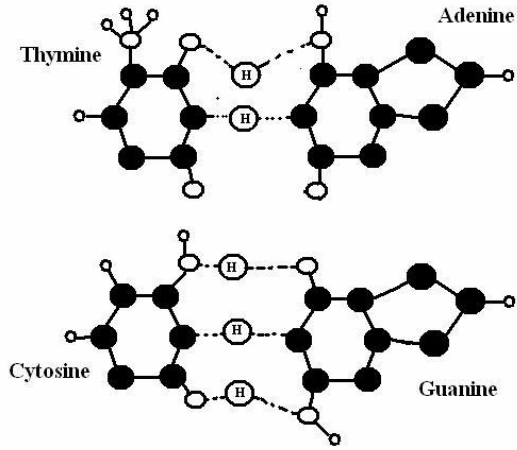


Figure 6. DNA base pairs

### 5. I Ching and Acupuncture

In Yi Jing of Wu Jing Nuan, a well known I Ching translator and a Chinese Doctor writes: “One of my instructors told me to be an Yi, a Chinese Doctor, one must understand the Yi of Yi Jing.

There are two sequences in the I Ching that are also used in acupuncture. The sequence of the Early Heaven and Later Heaven. Also known under the name Fu Xi and King Wen sequence. The Early Heaven expresses the situation before Men is born on Earth, everything is in perfect harmony and there is no real cycle. The diagram of Later Heaven is cyclic. There is a start and an end. The Father(trigram Heaven) and Mother(trigram Earth) have taken a step back and are not on the top positions anymore.

The Early Heaven is Yang compared to the Later Heaven which is more yin. Both have a relation with the 5 phase theory. The two of them also have a relation with the meridians.

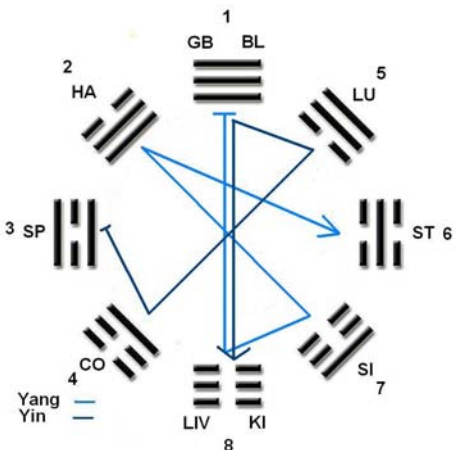


Figure 7, 8 and 9 are from the Early Heaven sequence. The numbers follow the Tai Qi figure. From 4 the energy goes through the levelling axis where the source Energy flows.

Figure 7. Early Heaven sequence

In the source the Energy is changing from Yang into Yin.

In figure 7 the Yang starts with Element Wood ;1 - Gb towards 8 - Liv. Yin ends with Water BL - 1 and Ki - 8. So the energy from the beginning is the same as the last one in the end Water. Wood is the power of the beginning, the start. Water is the energy where life is stored, it is a contracting force. So the Energy of the beginning and ending have the same source. The beginning is like the end and the end like the beginning, the everlasting circulation. Heavenly movement.

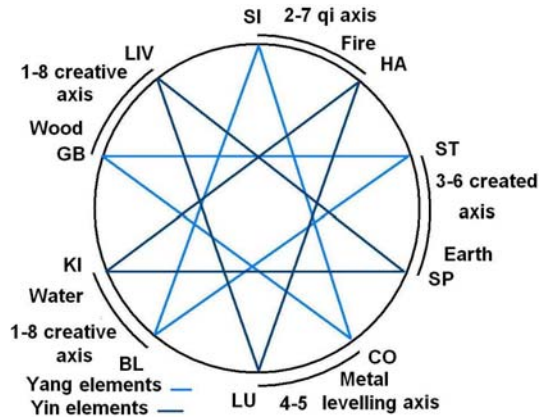


Figure 8. 5 Phases

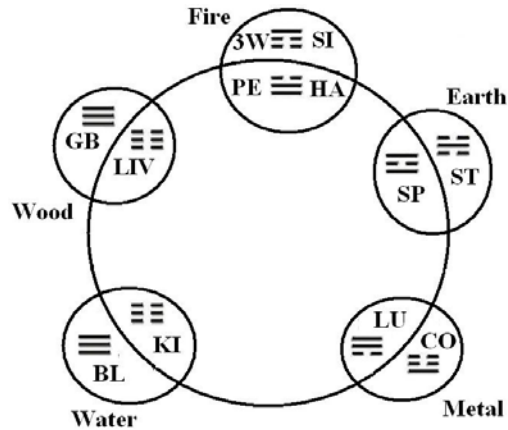


Figure 9. 5 Phases - Elements

Figure 8 and 9 are the 5 phases-elements and the Yang and Yin meridians and there energy movements.

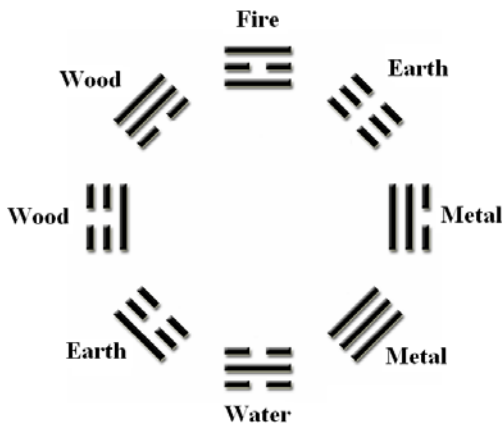


Figure 10. Later Heaven sequence with 5 phases

Figure 10 is the King Wen, Later Heaven sequence.

The cycle starts with trigram Thunder in the East, the start of the year; springtime. And ends with trigram mountain in North-East direction. This is a full cycle of a year. It starts with Wood and ends with Water. The trigrams Earth and Mountain belong to the Element Earth, and express a period of transition.

The Early Heaven sequence is yang and the Later Heaven is yin. This is also visible in the acupuncture points which are related to the 5 elements.

	☰	☱	☲	☳	☴	☵	☶	☷
☰	Gb - 44 Bl - 67	CO-1	St - 45	3W - 1 SI - 1	Liv - 4 Ki - 7	Lu - 8	Sp - 5	Ha - 4 Pe - 5
☱	Gb - 41 Bl - 65	Co - 3 Co - 4	St - 43	3W - 3 SI - 3	Liv - 1 Ki - 1	Lu - 11	Sp - 1	Ha - 9 Pe - 9
☲	Gb - 43 Bl - 66	Co - 2	St - 44 St - 42	3W - 2 SI - 2	Liv - 8 Ki - 10	Lu - 5	Sp - 9	Ha - 3 Pe - 3
☳	Gb - 34 Bl - 40	Co - 11	St - 36	3W - 10 SI - 8	Liv - 3 Ki - 3	Lu - 9	Sp - 3	Ha - 7 Pe - 7
☴	Gb - 34 Bl - 40	Co - 2	St - 36	3W - 10 SI - 8	Liv - 3 Ki - 3	Lu - 9	Sp - 3	Ha - 7 Pe - 7
☵	Gb - 41 Bl - 65	Co - 3	St - 43	3W - 3 SI - 3	Liv - 1 Ki - 1	Lu - 11 Lu - 9	Sp - 1	Ha - 3 Pe - 3
☶	Gb - 38 Bl - 60	Co - 5	St - 41	3W - 6 SI - 5	Liv - 2 Ki - 2	Lu - 10	Sp - 2 Sp - 3	Ha - 8 Pe - 8
☷	Gb - 44 Bl - 67	Co - 1	St - 45	3W 1 SI - 1	Liv - 4 Ki - 7	Lu - 8	Sp - 5	Ha - 4 Pe - 5

Figure 11. 5 Element Acupuncture points Table ; Horizontal upper trigram: Early Heaven Vertical lower trigram : Later Heaven

## 6. Conclusion

Both DNA and I Ching describe reality. With DNA Western scientists have gone so deep into the matter that they found a level that was expressing life in a way men could understand how it works.

Thousands of years ago Chinese philosophy found a metaphysical and magical instrument, the I Ching, that also describes life. Western scientist zoomed in and Chinese philosophy zoomed out.

There is still a lot of work to be done to join these 2 different ways of looking at reality.

But Chinese Medicine and Western science have a common structure at the basis of their systems.

I will end with a quotation of Ken Wilber, a Western philosopher who already wrote about the bridge between Western and Eastern culture. From his book Paradigm Wars: "The world has got to do what the world has got to do. Just we had to farm the physical – by learning agriculture and then industry – before we could collectively move to the mental, so now we have to farm the mental – information and computers and technology – before we go beyond it to the spiritual. All in its own time. Frankly I think the world is moving along at a handsome clip".

Used literature:

The I Ching or Book of Changes by Richard Wilhelm and Cay F. Baynes

DNA and the I Ching – Tao of life by Johnson F. Yan

The I Ching & the Genetic Code – The hidden code to life by Dr. Martin Schonberger

Yi Jing by Wu Jing-Nuan

Tao of chaos by Katya Walters

Paradigm Wars by Ken Wilber

Mandate of Heaven by Steve Marshall

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