

Resilience & Recovery | Cancer

“The Key Healing Points, Movements, & Meditation!”

HealthSpan Qigong with Homer L. Nottingham Qigong Master”

Qigong is not a cure, it rebalances the body, mind, and spirit in every stage of life.

Prevention as a Path to Wellness

Keys to preventing and recovering from cancer.

HealthSpan Qigong, acupressure and meditation add an additional layer of prevention and healing support by balancing Qi, reducing stress, and improving circulation. One of the most powerful truths about cancer is that many of its risks can be reduced through **lifestyle choices**.

Daily habits create a foundation for health.

- **Healthy Movement:** *Gentle practices such as HealthSpan Qigong and walking keep the body’s energy and circulation flowing, preventing stagnation where disease can take root.*
- **Balanced Diet:** Eating colorful fruits, vegetables, whole grains, and minimizing processed foods nourishes the body with vital energy and antioxidants.
- **Emotional Balance:** Stress and unresolved emotions weaken the immune system. *Breathing exercises, meditation, and time in nature restores calm and clarity.*
- **Regular Screenings:** Western medicine offers valuable tools for early detection—mammograms, colonoscopies, blood tests—which save lives when cancers are found early.

Acupressure Points

Here are three of the most supportive acupressure points traditionally used in HealthSpan Qigong and Chinese Medicine to support the body prevent illness, boost immunity, and restore internal balance — all key to preventing and recovering from cancer.

“Sea of Energy”

Location: Two finger-widths below the navel on the midline.

Benefits: Replenishes overall energy (Qi) and strengthens the body’s resistance.

- *Supports digestion, immunity, and emotional grounding.* Excellent point for rebuilding vitality after illness.

Technique: Gently massage clockwise for 2–5 minutes while breathing into the belly.

Affirmation: "I release, I relax, and I let go!"

"Wind Screen"

Location:

- Found just **behind and slightly below the ear lobe**, in the depression between the lower jaw and the mastoid bone (the hard bump behind your ear).
- If you open and close your mouth, you'll feel a small hollow form — that's the spot.

Functions & Benefits:

- **Clears wind and heat** — used for ear conditions like tinnitus, earache, and hearing loss.
 - **Relieves tension in the jaw and neck.**
- **Calms the mind** and supports relaxation — extraordinary for anxiety and insomnia.
- Helps regulate **Qi flow through the head and neck**, which can ease headaches or facial tension.

How to Use It:

- Apply gentle circular pressure with your fingertip for 1–2 minutes on each side.
- Breathe slowly and feel the relaxation spread through the face and head.

Affirmation: "I bring my life into balance by loving myself!"

"Great Stream"

Location: In the hollow between the inner ankle bone and the Achilles tendon.

Benefits:

- Nourishes Kidney energy — supports cellular repair and hormonal balance.
- Strengthens the foundation of Qi, blood, and essence.
- *Helps the body recover from fatigue and treatment.*

Technique: Massage both points in small circles for 2–3 minutes daily.

Affirmation: "I am at home in my body!"

*Prevention is not only about avoiding disease but **creating harmony** in every aspect of life. Through the union of modern science and ancient Qigong wisdom, we strengthen body, mind, and spirit—our best defense for preventing and healing cancer.*

Qigong Exercises

Daily Practice Recommendation

Perform these exercises each day (10–20 minutes total). Combine with relaxed breathing and gentle smiling. Over time, they support:

- *Stimulate the immune and lymphatic systems*
- *Improve circulation and detoxification*
- *Calm the nervous system and reduce inflammation*
- *Restore balance between body, mind, and spirit*

These emphasize restoring vitality through the spine and cultivating the body's inner light — both important for keeping Qi circulating freely and immune defenses strong.

Three of the best often recommended to support people for **prevention** of cancer and those with cancer. *These are gentle, restorative, and aimed at improving immune function, reducing stress, and restoring balance.*

“Sea of Energy”-Gathering Light from the Universe

- **Purpose:** Draws healing energy inward, enhances spiritual calm, and nurtures a sense of wholeness.
- **Benefit:** Open central Qi pathways Governing and Conception vessels. Extraordinary vessels storing energy. Vessels run from the coccus up the back down the front back to coccus.

Stand or sit comfortably, palms facing up place tongue on roof of mouth.

1. Slowly lift arms out to the sides and overhead as you inhale—imagine gathering bright, golden light from the sky.
2. Exhale as you draw hands down through the centerline of the body, guiding light into the heart, then into the **“Sea of Energy”** (below the navel). Repeat three or more times.
3. End rest hands gently over the abdomen **“Sea of Energy”** and breathe quietly for several moments, letting the energy settle. Repeat affirmation.

Affirmation: “I choose to fill my life with joy!”

Spinal Wave (aka Dragon Awakens)

- **Purpose:** Awakens the central channel of Qi, energizes internal organs, improves lymph flow and posture.

Benefit: Strengthen the spine and nervous system

*Let each wave be smooth, flowing, and unforced—feel the spine “breathing.” This exercise keeps Qi moving and filling the **Governing Vessel, extraordinary meridian in backbone area from the coccyx to top of head with Qi (energy)**, strengthening immunity and vitality.*

1. Stand or sit with feet shoulder-width apart, knees soft.
2. Tuck the chin slightly, roll forward from the top of the head down through the spine—like a wave of energy moving downward.
3. Then reverse: roll up slowly from the tailbone, vertebra by vertebra, until sitting or standing tall again.
4. Inhale as you rise, exhale as you roll down. Repeat affirmation.

Affirmation: “I lovely forgive and release all of the past.”

Beating the Heavenly Drum

- **Purpose:** Strengthens kidneys and brain, vibrates and clears through the Vagus Nerve.
- **Benefit:** Deepen energy absorption and calm the mind.

This closes your practice with peace, grounding, and deep nourishment for the Qi.

1. Close ears with the palms of both hands. Cup hands over ears if wearing hearing aids.
2. Tap the back of your head lightly with the fingers 12–24 times.
3. Feel gentle vibration and relaxation throughout your skull and neck.
4. Remove hands quickly three times and place hands over heart. Repeat affirmation.

This practice harmonizes Yin and Yang, balancing energy for inner peace.

Affirmation: “I love and approve of myself!”

Summary for Prevention

*Stay active daily- Health Span Qigong
Manage stress through breath and meditation
Cultivate positive emotions and compassion*

*Eat whole, plant-based food
Get regular screenings- Sleep 7–8 hours nightly*

Healing Light Meditation

*Here's a **short, powerful meditation** you can use to support **cancer prevention, healing, and emotional balance**. It harmonizes breath, visualization, and intention — three pillars of Qigong meditation.*

Posture:

Sit or stand comfortably. Let your shoulders relax and your spine be tall. Close your eyes gently. Place your hands over your lower abdomen (Sea of Energy).

Step 1 — The Cleansing Breath

Inhale slowly through your nose, imagining pure light entering every cell. Exhale gently through your nose, releasing all tension, fear, or heaviness. *Feel* your body becoming lighter, freer, and calmer.

Step 2 — The Light of Healing

Visualize a warm golden light above your head — like the morning sun. As you breathe in, this golden light flows into your head, neck, chest, and heart. As you exhale, imagine it washing away old, stagnant energy. See your organs glowing with vitality — heart, lungs, liver, spleen, kidneys — all bathed in golden light.

Step 3 — Strengthening the Qi Field

With each breath, imagine your body surrounded by a radiant sphere of golden light. This is your **protective Qi field** (Etheric Field) — strong, peaceful, and clear.

Whisper quietly: “I am healthy. My Qi flows freely.”

Step 4 — Closing the Practice

Bring your hands to your heart **“Sea of Tranquility”**. Smile gently. Give thanks for your body, your breath, and your life. Sit in stillness for a few moments, letting peace fill every part of you.

Affirmation: “My mind is calm.”

Duration: *Just 5 minutes a day can calm the nervous system, balance hormones, and enhance immune function — the best natural defense against disease.*

“HealthSpan Qigong-Longevity with a high-quality life!!”

*Eight gentle bows and three belly laughs daily
will support you in staying healthy.*

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Healing Affirmations for Preventing and Recovering

These affirmations combine the strength of mind, body, and spirit — blending Qigong philosophy with healing intention. Use them daily to prevent illness, encourage vitality, and awaken the body's natural wisdom to heal.

My Qi flows freely and harmoniously through my whole being.

When energy moves without obstruction, every cell receives nourishment and vitality.

Every breath fills me with light, peace, and healing energy.

Each mindful breath renews and restores the body, clearing tension and fear.

I release fear and welcome calm — my body knows how to heal.

Trust in the body's wisdom. Calmness invites balance; balance supports recovery.

Each day, I grow stronger, clearer, and more radiant.

Healing is a gentle awakening. Even small improvements are powerful transformations.

Gratitude and love fill every cell of my body.

Love and appreciation are the highest healing energies. They create harmony from within.
