

Return to Vitality | Fan Tong

“Fan Tong” in Traditional Chinese Medicine — “Returning to Childhood”

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“Fan Tong” and Modern Longevity

Purpose of the Class: The concept of “Fan Tong” means “Returning to Childhood.” It refers to restoring your body to its natural state of vitality, ease, and harmony. Children breathe deeply, move naturally, and live without tension. Their Qi flows freely, their body is relaxed, and their mind is clear and joyful.

Rather than trying to stop aging, your goal is to age with the vitality and spirit of youth. The idea of “Fan Tong” beautifully expresses the purpose of lifelong cultivation: to keep your body flexible, your breath deep, your mind peaceful, and your heart open—**no matter what age we are**. “Fan Tong” is the “art of living” so well that your body remembers its original vitality and your spirit rediscovers your joy of being alive.

In Traditional Chinese Medicine (TCM) health philosophy, the term “Fan Tong” literally means “returning to childhood.” It describes a state in which your body, mind and spirit regain the vitality, flexibility, purity, and natural harmony of a child. Rather than meaning a person becomes childish again, it symbolizes the restoration of original vitality and your return to the body’s natural energetic balance.

Your aim is to restore youthful life force and preserve health well into old age. *Like a child let go and belly laugh for no apparent reason.*

Returning to your Natural State of Childhood

This class combines “*Fan Tong-Returning to Childhood*” Breathing with “*Sung*” Meditation to help you return to this natural energetic state.

“*Sung*” is a key principle in Qigong. *It means “deep relaxation” —a release of tension so Qi (vital energy) can flow freely through your body.*

Through “*Fan Tong Breathing*” and “*Sung Meditation*”, you learn to soften and relax your body, calm your mind, and awaken your original vitality within.

“Fan Tong” Breathing & “Sung” Meditation for Vitality!!

Physical improvements that occur when vitality is restored:

Flexible joints and tendons.

Bright eyes and clear complexion

Strong digestion

Calm and joyful spirit

These are the same characteristics commonly seen in healthy children.

1. “Fan Tong” Breathing -Returning to the Breath of Childhood-“*Abdominal Breathing*”

Children naturally breathe into the lower abdomen *watch a baby in a crib*. Their belly expands when inhaling and relaxes when exhaling.

Deep natural breathing moving you from “*sympathetic nervous system*”-flight or fight to “*para sympathetic nervous system*”-rest and digest. We normally breath every 3.3 seconds in a sympathetic nervous system.

Practice slowing breaths to 10-15 seconds living in your *para-sympathetic nervous system*.

1. Place hands over your Lower Dantian (below the navel).
2. Inhale slowly through your nose.
3. Allow your belly to gently expand.
4. Exhale slowly and let your belly soften.

Breathing rhythm four breaths per minute (we normally breath 20 per minute):

- Inhale – 4 seconds Pause – 1 second-Stomach pushes out
- Exhale – 8 seconds Pause – 2 seconds-Stomach releases

Visualization: Imagine your breath flowing down to the stomach like warm light.

Each breath nourishes:

- Kidney Jing (vital essence) Body
- Qi circulation (vital energy) Mind

- Calm Shen (spirit) Spirit

2. **Body Scan -Progressive and complete relaxation.**

Imagine your body melting downward like warm wax, releasing tension from your head, shoulders, chest, hips, and legs.

Head and Face-Repeat silently: Relax your forehead

- Relax your eyes
- Relax your jaw
- Let your tongue soften

Neck and Shoulders

- Let your shoulders drop
- Feel your neck lengthen

Chest and Abdomen

- Soften your chest
- Let your belly relax

Hips and Legs

- Relax your hips

Sink into your feet

“I release tension and return to my natural state.”

3. **Gentle “Fan Tong” Movement**

Add simple flowing movement with breathing.

Movement: Returning to the Child

1. Inhale – raise arms slowly outward and upward.
2. Exhale – allow arms to float downward.
3. Move slowly and softly like a child playing in water.

Children move without tension, and this movement helps restore that natural quality.

Encourage:

- loose joints
- relaxed wrists
- natural breathing-playful softness

4. Embryonic Breathing and the Original State

You breathe very-very-very softly and slow. It as though everything stops. Through deep internal breathing practices, you can gradually return to this original energetic pattern, Qi circulates more deeply through the body. Take *slower- softer* breaths. *So soft you can barely see, hear, or feel your breathing.*

5. “Sung” Complete and Total Relaxation: Meditation

When your body becomes “Sung”, Qi begins to circulate naturally.

Bring attention to your abdomen (Lower Dantian). Embryonic Breathing slower and softer. Silently repeat: “**Sung**” Relax, soften, return. When mind become *quite* stop mantra and relax. Allow thoughts to drift away like clouds. If Monkey Mind returns start your **Sung** mantra again. See, hear, and feel:

- Your body becoming light and relaxed
- Your mind becoming quite like still water. Your breath becoming soft and natural

The feeling of innocence and natural presence, the same peaceful awareness seen in children.

“Within each of us lives the original vitality of childhood.

Through relaxation, breath, and awareness we remember that natural state.”

Through “**Embryonic Breathing**” and “**Sung**” Meditation, you rediscover the simple wisdom of your body and the quiet joy of being alive.

6.

7. Closing Integration

Rub the hands together to warm them. Massage: Face-Ears-Neck-Lower back (Kidneys)

8. Two more belly laughs to return your mind to fresh and alert, discovering the joy of being alive.

9. Bow gently to conclude.

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text or phone