

# Whole Body Connection | Fascia

## Fascia as a Living Regeneration Network

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***“Inside the body is a living web called fascia that connects everything together.***

***Acupressure points sit at important intersections in that web.***

***When we move slowly and breathe deeply in Qigong, we stimulate this network and send healing signals through the whole body.***

***This helps the body repair itself and maintain vitality.”***

This subject is one of the most exciting areas where modern regenerative science and traditional Chinese medicine seem to overlap. Researchers are beginning to see connections between fascia, acupressure points, and the body’s repair systems—especially stem cells.

Fascia is not just connective tissue. It is a living biological matrix filled with:

- collagen fibers
- water and electrolytes
- nerve endings
- immune cells
- stem cells

Because fascia surrounds every organ, muscle, and bone, it acts like a body-wide repair network. When injury occurs, the fascia helps coordinate healing signals across the body.

### Stem Cells and Connective Tissue

Another fascinating discovery is that stem cells are often located within connective tissues, including fascia.

Stem cells are special because they can become different types of cells, helping repair damaged tissue.

They are found in many places such as:

- bone marrow
- fat tissue
- muscle tissue
- connective tissue layers

Fascia acts like a reservoir and transport environment where repair signals can activate these cells.

### **Mechanical Stimulation and Healing Signals**

Stem cells respond strongly to mechanical forces such as:

- Qigong
- Acupressure
- Vibration Healing Sounds
- Tai Chi fluid movement

These signals can stimulate biological responses such as:

- improved circulation
- tissue repair
- reduced inflammation
- cellular regeneration

This is sometimes called Mechanotransduction, meaning that physical movement creates biochemical healing signals.

### **Why Slow Movement Matters**

Qigong slow spiral movements are especially effective at stimulating fascia.

They:

- stretch connective tissue in multiple directions
- pump fluid through tissue layers
- improve hydration of fascia
- activate sensory receptors

This gentle stimulation supports the body's natural repair processes, including stem cell activity.

### **Qi and Bioelectric Signaling**

Cells communicate using bioelectric signals—tiny electrical currents that guide healing and development.

Fascia can conduct electrical signals because its collagen fibers behave like semiconductors.

Scientists believe that the ancient idea of Qi moving through the meridians may reflect the movement of:

- bioelectric signals
- fluid dynamics
- mechanical tension waves

All of these travel through the connective tissue network.

### **Why Qigong Promotes Longevity**

Qigong combine several healing mechanisms at once:

- deep breathing improves oxygenation
- slow movement stimulates fascia
- relaxation calms the nervous system
- circulation improves
- inflammatory signals decrease

Together these conditions support the body's self-repair systems.

*This is one reason why many long-term Qigong practitioners maintain excellent mobility and vitality even at advanced ages.*

### **Acupressure Points and Fascia Intersections**

Modern imaging studies have found that many acupressure points occur where fascia planes intersect. These intersections often contain:

- high nerve density
- blood vessels
- connective tissue openings
- electrical conductivity

In other words, acupressure points appear to be communication hubs in the fascial network.

Acupressure is effect and to go deeper to release stuck Qi an acupuncture needle is inserted and gently rotated, it physically twists the fascia fibers. This mechanical stimulation sends signals through the tissue network.

Researchers have observed that Acupressure and Acupuncture can trigger:

- changes in nerve activity
- improved circulation
- anti-inflammatory responses

This could explain how acupressure and acupuncture affect distant parts of the body through the meridian pathways.

### **Meridian Points**

*Inhale press in firmly bend end of finger or thumb toward pressure point. This is called thumb walking or finger walking. Exhale release and thumb walk or finger walk to center of sore spot.*

*Lung (L1)* Shoulder Nest-straight down from neck a little to the outside. Inhale press exhale release. Relieves grief, restores tranquility, and brings comfort. Relieves shoulder pain.

*Large Intestine (LI20)* between where the nose bone ends and the corner of Nose. Inhale press in exhale release. Opens sinuses. Arouses sense of smell.

*Large Intestine (LI11)* Crease @ Elbow-press into bone on the outside. Inhale hold and exhale release. Stimulates antibody production.

*Large Intestine (LI4)* Thumb and Index Fingers Bones Meet (Tigers Mouth) Major pain relief point.

*Kidney (K1)* Bubbling Well-Front Center of Foot. Clears the brain and calms the mind.

*Kidney (K27)* Down neck line 3 inches below collarbone. Restores vitality and courage.

*Liver (Lv13)* Hill Top Gate about 4 inches below armpit. Helps move stagnant liver energy and relieve symptoms of liver invading spleen nausea, gas, and diarrhea.

*Gall Bladder (GB20)* about 3 fingers in from bottom of ear on the edge of bone. Enhances memory and alleviates dizziness.

*Heart (H1)* near where the arm and body meet in front. Press into the bone. Calms the mind and loosens the chest.

*Heart (H7)* inside of wrist middle of wrist hand facing body. Major point for calmness of the mind and stillness of spirit.

*Pericardium (P8)* Labor Palace center of palm where ring finger touches palm. Calms the mind and restores the spirit.

*Triple Warmer (TW17)* on bone under ear. For all ear problems. Clears blockages to hearing, seeing, and speaking.

*Spleen (Sp6)* Three Yin Meeting Three finger above ankle bone. Meeting point of Kidney, Liver, and Spleen meridians. Tonifies the spleen and kidney and promotes the smooth flow of liver energy. Calms the mind.

*Stomach (St6)* Jaw Chariot on jaw near where the bones meet. Relaxes the masseter muscle, alleviates TMJ tension.

*Stomach (St36)* four fingers down between the knee and hip bones on inside of leg on bone. Good for tonifying the blood, invigorating the body.

*You may have many feelings as the body reacts, emotional tension give way, a sense of relieve calmness, relaxation, or other feeling. Acu-points are powerful tools for enhancing well-being in many levels.*

At the end meditate for 5 minutes or breathe for a minute or so before going on with your day.

### ***Fascia Release Meditation***

*Sit comfortably or stand with knees soft. Let the spine lengthen and the shoulders relax. Place one hand on the lower abdomen. Take slow breaths through the nose. Imagine the breath traveling through your entire body like warm light moving through a web.*

*My fascia is elastic, hydrated, and free. Energy moves smoothly through my entire body. My tissues relax and reorganize into harmony.*

*Affirm silently or aloud: My body is softening and opening. Every breath relaxes my fascia. My body remembers how to release. Feel the body beginning to melt and settle.*

### ***Sense the Fascia Web***

*Bring awareness to the whole body at once. Imagine a beautiful network of living fibers running through you from head to toe. This web connects everything — muscles, bones, organs, and energy channels. With each exhale imagine the web softening and becoming fluid.*

*Feel subtle waves of relaxation spreading.*

### ***Hydrate the Fascia with Breath***

*Imagine your breath moistening and lubricating the fascia, like rain nourishing the earth. See the tissues becoming smooth, elastic, and springy. With every inhale the body expands. With every exhale the body melts.*

*Affirm: My fascia is nourished and alive. My body moves with freedom and grace. Every cell is relaxed and energized.*

*Feel warmth and circulation spreading through the body.*

### **Gentle Micro-Release**

*Now gently wiggle the fingers and toes. Roll the shoulders slightly. Let the head float lightly side to side. These small movements tell the fascia it is safe to let go.*

*Imagine old tension dissolving like ice melting in warm water.*

*Affirm: I release old tension from my body. My connective tissue is flexible and resilient. My body flows with ease. Allow the body to feel light and spacious.*

### **Seal the Meditation**

*Take three slow breaths. Imagine the fascia network glowing with soft golden light. The whole body feels connected, balanced, and comfortable.*

*Affirmations: My body is relaxed, strong, and flexible. Energy flows freely through my fascia and meridians. I move through life with ease and vitality.*

### **Smile gently and open your eyes.**

*“Fascia is the living web that connects everything in the body. When we breathe, relax, and move gently, we allow this web to soften and reorganize. When fascia releases, Qi flows more freely through the meridians, bringing vitality and comfort to the entire body.”*

### **Now, we need to get fresh and alert to drive home.**

*Three belly every day keeps the doctor away! Two belly laughs now and one in the community today!*

### **Let's laugh!!**

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