



Qigong With  
Homer Nottingham

# HEALTHSPAN WORKSHOP HANDOUTS

View all Workshops: <https://homer-nottingham.com/#go-in-depth>

Email: [homer@homernottingham.com](mailto:homer@homernottingham.com)

Text or phone: 530-263-1627

Click on the underlined items below to view available guides. We are in the process of compiling all the handouts from Homer's workshops. Unfortunately, several digital files have disappeared, so we are in the process of restoring them. Check our website for updates in the future. **This is version 1, published 05.xx.26.**

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# DAILY PRACTICE

# ANTI-AGING RESET | DAILY PRACTICE

## Reversing Aging with HealthSpan Qigong

Watch the full workshop on YouTube: <https://youtu.be/CfaROw4Zo1Q>

*Created by Homer L. Nottingham-Holistic Qigong Master*

### **Aging Is Loss of Function, Not Years**

Modern longevity science agrees with ancient wisdom: people do not age because they get older; they age because **systems decline**. Muscles weaken, joints stiffen, blood vessels lose elasticity, mitochondria produce less energy, hormones fall out of rhythm, and the nervous system remains locked in stress.

HealthSpan Qigong reverses this trend by:

- Re-educating the **nervous system** toward safety and regulation
- Restoring **vascular tone and circulation**
- Maintaining **joint mobility and fascial elasticity**
- Preserving **muscle strength with gentleness**
- Supporting **organ vitality and endocrine balance**

This is *functional rejuvenation*.

### **A Functional, Energetic, and Conscious Approach to Longevity**

Aging, as understood through both modern science and Traditional Chinese Medicine (TCM), is not simply the passing of time—it is the **loss of adaptability**. When the body loses its ability to repair, regulate, and respond, aging accelerates. HealthSpan Qigong addresses aging at its root by restoring **movement, breath, energy flow, nervous system balance, and meaning**—the five pillars of vitality.

This Reverse Aging HealthSpan Qigong class is designed to improve balance, circulation, flexibility, joint health, memory, immune strength, and calm the nervous system.

This gentle, science-supported practice includes easy movements, breathing, and simple acupressure—all aging friendly and done seated or standing.

Use these methods to reduce stress, prevent falls, restore energy, and feel younger from the inside out—because longevity is about living well, not just living long.”

Reversing aging is not about looking younger—it is about living younger in how we move, breathe, think, and love.

*“Aging doesn’t have to mean stiffness, fatigue, poor balance, or brain fog.”*

## **HealthSpan Qigong Acupressure for Anti-Aging**

*“Acupressure should feel good. Never force.  
Gentle pressure works better than strong pressure.”*

### ***Hand Energy Point***

**Why we use it:** Circulation, stress relief, facial vitality

**How to Find It** “Let tension melt out of the hands.”

1. Bring thumb and index finger together
2. Notice the **muscle mound that pops up**
3. The highest spot on that mound is the point

#### **How to Press**

- Pinch gently between thumb and finger
- Hold or circle the spot
- 30–60 seconds per hand

### ***Crown Point (Top of the Head)***

**Why we use it:** Brain health, memory, uplifted spirit

**How to Find It** “Light touch wakes the mind.”

1. Imagine a line from **ear to ear over the head**
2. Imagine a line from the **nose straight up**
3. Where those lines meet — that’s the point

#### **How to Press**

- Use fingertips
- Very light pressure
- Small circles or gentle tapping
- 30–60 seconds

## Sea of Energy (Lower Belly)

**Why we use it:** Core vitality, cellular energy, anti-aging

**How to Find It** “We’ll move first...then we’ll wake up the energy points...then we’ll rest and let the body absorb.”

1. Place fingers on the **belly button**
2. Move **two finger widths straight down**
3. Stay on the center line of the body
  - **How to Press**
    - Use fingertips press gently and firmly
    - Gentle **clockwise circles**
    - Breathe into the belly 1–2 minutes

## HealthSpan Qigong Movements for Anti-Aging

### Spinal Wave – Fountain of Youth

**Purpose:** Nervous system reset • Spine health • Memory

Five-Element Emotional Overlay

<u>Element</u>	<u>Organ</u>	<u>Emotional Aging Pattern</u>	<u>Spinal Wave Benefit</u>
● Wood	● Liver	● Rigidity, frustration	● Restores flexibility
● Fire	● Heart	● Anxiety, restlessness	● Calms the nervous system
● Earth	● Spleen	● Worry, heaviness	● Improves digestion & grounding
● Metal	● Lungs	● Grief, shallow breath	● Deepens breathing
● Water	● Kidneys	● Fear, fatigue	● Preserves life force

*“As the spine moves, emotions soften and balance returns.”*

**How to Do It-** *Supports brain circulation* “Wave the spine like sea grass.”

1. Sit tall with hands on thighs. Lift head as if string is pulling the back of head up
2. Inhale—gently lift the chest and extend the chin outward
3. Exhale—round the spine slightly lower the chin to the body
4. Slowly lift the head back into position. Let the movement ripple from pelvis to head
5. Relax the spine slightly gently down and slowly up. Move slowly, never forcing

**How Long** 6–10 gentle waves “I am grounded, steady, and strong.”

**What to Feel** “My spine is alive and youthful.”

- Spine becoming fluid
- Neck releasing
- Mind clearing

## Cloud Hands

*Circulation & tension release* **Purpose:** Coordination • Brain health • Stress reduction

**How to Do It** “Let gravity do the work.”

- Sit tall or stand with feet shoulder-width apart
- Arms float in front of the body
- Slowly **shift arms side to side**
- One hand rises as the other lowers
- Keep movements smooth like drifting clouds-“I move with grace and ease.”

**How Long**

- 2–3 minutes continuous movement.
- **What to Feel** “Move like clouds... no effort.”
- Shoulders relaxing
- Breath slowing
- Mind becoming quiet

## Golden Ball at the Belly

*Sea of Qi* “Energy grows where attention goes.”

**Purpose:** Cellular renewal • Core energy • Anti-aging

**How to Do It** “Every cell is filled with vitality.”

1. Place hands in front of the lower belly
2. Imagine holding a **warm golden ball**
3. Inhale—“deep and long” into the chest hands gently expand outward
4. Exhale—“slow and soft” hands return toward the belly
5. Pause and release the entire breath from the lungs.
6. Move slowly with the breath

**How Long** 2–5 minutes

**What to Feel** “My spine is alive and youthful.”

- Warmth in the abdomen
- Deep calm
- Centered energy

“I am aging with strength, clarity, and joy. Age is beautiful. Life is abundant.”

## **5-Minute Anti-Aging Meditation**

*Restore • Renew • Remember How to Heal*

### **Posture (15 seconds)**

Sit comfortably or lie down.

Let your spine be tall but relaxed. Rest your hands on your belly or heart.

Gently close your eyes. “Healing begins now.”

### **Minute 1 – Settling the Nervous System**

Take a slow breath in through the nose. And an even slower breath out. Pause clear the lungs.

Again...Inhale gently. Exhale slowly fully. Pause “My body knows how to relax.”

Let your shoulders soften. Let your jaw relax.

Let your body know it is safe. “I am safe.”

### **Minute 2 – Breathing Youth into the Body** “Every breath renews me.”

As you inhale, imagine fresh energy entering your body.

As you exhale, imagine old tension leaving.

Breathe inhale into the chest... Breathe exhale into the belly...

Breathe all the way down to the feet.

With every breath, circulation improves. “My circulation is strong and free.”

With every breath, cells receive nourishment. “Energy flows easily through my body.”

### **Minute 3 – Cellular Renewal**

Bring your attention to the center of your body, just below the belly button.

Imagine a warm, golden light glowing there. “Every cell knows how to repair itself.”

This light spreads gently...

Through your organs...Through your muscles... “My body remembers how to heal.”

Into your bones...Down your legs...Up your spine...Into your head.

Every cell is listening. “I am renewing from the inside out.”

### **Minute 4 – Releasing the Past, Preserving Vitality**

With each exhale, let go of anything that no longer serves you.

Old stress...Old fear...Old fatigue. —“I release what I no longer need.”

You are not losing life force.

You are conserving it. “My life force is strong and protected.”

You are protecting your energy. “I age with grace and strength.”

### **Minute 5 – Gratitude & Integration**

Place one hand on your heart.

One hand on your lower belly. “I choose vitality, joy, and longevity.”

Feel the connection between heart and energy center.

Feel the quiet strength in your body. “I am growing stronger, calmer, and clearer.”

Offer gratitude to your breath.

To your body. To your life. “Age is beautiful.”

Gently wiggle your fingers and toes. When you’re ready, slowly open your eyes.

“We are not trying to look younger.

We are teaching the body how to function younger.”

**“Reversing Aging: Restore • Renew • Revitalize”**

# HOT TOPICS

# **BRAIN HEALTH | COGNITIVE FITNESS**

## **Qigong for Cognitive Fitness & Longevity**

Watch the full workshop on YouTube: <https://youtu.be/5xalt4M9zqc>

*Created by Homer L. Nottingham-Qigong Master*

In essence, cognitive fitness is not only about preventing decline; it is about cultivating a bright, adaptive, and joyful mind that continues to grow. A healthy brain supports creativity, wisdom, and peace—allowing us to live fully and think clearly in every stage of life.

***Intention:*** *To awaken the brain's vitality, nourish the nervous system, and harmonize the flow of Qi through the head, spine, and organs. This seated session combines acupressure, breath, gentle movement, meditation, and lifestyle guidance to enhance focus, memory, and peace.*

### **Part 1. Three Acupressure Points for Brain Fitness**

#### **“Hundred Meetings”**

**Opens the chest and crown to receive light.**

*Increases oxygen to the brain, relieves dizziness and mental fatigue, raises clear energy.*

- **Location:** Top of the head, midway between the ears.
- **Method:** Place both palms gently on the crown, press and release in slow circles.
- **Affirmation:** *“My mind is bright, calm, and clear.”*

#### **“Hearing Meeting”**

*Hearing Meeting point supports the brain by improving circulation, reduced brain fog, calming the nervous system, reducing tension, and supporting the inner ear-brain connection. This is especially important in aging and **fall prevention**.*

- **Location:** Place your finger where the upper jaw hinges, directly in front of the opening of the ear.
- You'll feel a slight dip when the mouth opens. Hold and massage.

## “Wind Pool”

*Improves blood flow to the brain, relieves headaches, stress, and insomnia.*

- **Location:** Back of neck. In the hollows just below the skull bone, on each side of the brain stem.
- **Method:** Press with thumbs upward and inward for 30 seconds while exhaling slowly.
- **Affirmation:** “*I release all tension; my energy flows freely to my brain.*”

## Part 2. Three Seated Qigong Exercises for Longevity

### “Neck Cloud Circles”

*Increases blood flow to the brain and relaxes the cervical meridians in the brainstem.*

- Slowly circle the head in gentle arcs (no strain), breathing evenly.
- Imagine tension melting from the neck, freeing the flow of Qi to the brain. Reverse direction after several slow rotations.

### “Heaven and Earth Lift”

*Oxygenates the brain opens spine and lungs, balances upper and lower Qi.*

- **Movement:** Sitting tall, inhale and lift arms from lap to above the head, palms facing the sky. Exhale slowly, lowering hands as if gathering light down through the body.
- **Focus:** Align breath with lifting and lowering. Feel tension leaving the body.

### “Spinal Wave Breathing”

*Restores mental clarity nourishes the central nervous system, and loosens tension.*

- **Movement:** Inhale as you slowly and gently arch the spine and look slightly upward. Exhale as you round the spine, drawing chin toward chest.
- **Focus:** Feel the cerebrospinal fluid wave from tailbone to crown.

## Part 3. Five-Minute Meditation: Golden Light Nourishes the Brain

**Posture:** Sit tall, feet flat, palms on knees, eyes gently closed.

**Breathing:** Inhale long and deep through the nose, exhale soft and slow through the mouth.

**Visualization:** Sit in stillness, exhale letting a golden glow expand outward beyond your head—your mind merging with the universe.

1. Inhale imagine a golden light descending from the crown point into the brain.
2. With each breath, see this light bathing every brain cell—neurons sparkling with vitality.
3. Feel the warmth flow down the spine, nourishing every organ.

*“My brain is clear. My thoughts are peaceful.”* **Finish:** Rub hands together, place warm hands over eyes, relax the face, and smile.

## **Part 4. Lifestyles for Brain Fitness & Longevity**

### *Keeping the Mind Sharp, Resilient, and Joyfully Alive*

Brain fitness is the art and science of keeping the mind healthy, agile, and adaptable throughout life. Much like physical fitness strengthens muscles and bones, brain fitness enhances cognitive function—our memory, focus, problem-solving, creativity, emotional balance, and ability to learn. It’s not just about preserving mental sharpness as we age, but also about enhancing the richness of our thinking, our relationships, and how we move in the world.

### **The Three Pillars of Brain Fitness**

#### **1. Physical Movement**

Movement encourages increased blood flow, oxygenation, and the growth of new neural connections. Practices like HealthSpan Qigong, Tai Chi, walking, and dancing stimulate the brain in ways sedentary behaviors cannot. *Studies show that movement improves memory, lowers the risk of dementia, and boosts emotional resilience.*

#### **2. Mental Stimulation**

Your brain loves novelty. Lifelong learning—whether through HealthSpan Qigong, reading, puzzles, Tai Chi, music, foreign languages, or creative pursuits like painting and writing—is nourishment for the mind. The more variety, the better. Different tasks activate different parts of the brain—chess for strategy, art for spatial intelligence, music for rhythm and emotion.

#### **3. Emotional and Social Engagement**

Emotions shape memory. Relationships sculpt the brain. Conversation sparks neural activity. *Laughter heals. Loneliness, by contrast, is toxic*—studies link it to cognitive decline and increased risk of depression and dementia. *Community, connection, and kindness* are some of the best medicines for maintaining a vibrant brain.

## Breath, Oxygen, and the Brain

The brain uses 20%+ of the body's oxygen. Deep diaphragmatic breathing, meditation, and humming breathing help oxygenate the brain, balance the Vagas nervous system, and activate higher cognitive centers. Breath is *brain fuel*.

## The Role of Nutrition

Omega-3 fats, polyphenols, antioxidants, and vitamins B12 and D, along with a high-fiber, colorful diet, feed brain cells and reduce inflammation. You truly are what you eat—and so is your brain.

## Rest, Sleep, and Renewal

- *Skipping sleep is like skipping oil changes for your engine.* During sleep, especially deep and REM sleep, the brain:
- Consolidates memories-Cleans out waste (like amyloid plaques)-Recharges neurotransmitters.

## Stress, Stillness, and Balance

*Chronic stress kills neurons.* Stillness helps rebuild them. Practices such as HealthSpan Qigong, meditation, prayer, Tai Chi, and mindful breathing help shift the body into the parasympathetic state—the "*rest and repair*" mode where the brain can heal, adapt, and grow.

## Humor

*Laughing and Laughing Qigong increases dopamine, lowers stress, and invites others to connect.* A playful brain is a healthy brain. In fact, having a good laugh might just be one of the best things you can do for your neurons.

## The Bottom Line

For many years, scientists believed that after a certain age, the brain stopped growing. We now know that *neuroplasticity*—the brain's ability to rewire, adapt, and strengthen new pathways—**continues throughout life**. This means that every time you learn something new like your **Weekly HealthSpan Qigong** "*My brain is clear. My thoughts are peaceful.*"

**Workshop**, practice a skill, or engage socially, you're building the brain just as surely as you would build muscle through exercise.

Brain fitness is a lifelong practice that keeps us alert, engaged, and emotionally alive. *It's not about avoiding aging*—it's about embracing it skillfully, joyfully, and intelligently. Brain fitness gives us the ability to keep growing, keep loving, and keep contributing. *It's one of the greatest gifts we can give ourselves—and everyone around us. Because a sharp mind + a full heart = a life well-lived.*

Homer L. Nottingham [homer@homernottingham.com](mailto:homer@homernottingham.com)

text or phone 530-263-1627

## FALL PREVENTION | BALANCE

### “Steady as a Mountain”: Qigong & Acupressure Fall Prevention

Watch the full workshop on YouTube: <https://youtu.be/kR2iDQ8iNS0>

*Created by Homer L. Nottingham-Holistic Qigong Master*

### **Blending acupressure, movement, and meditation.**

- **Affirmation say three times:** “*My movements flow like water.*”

### **Warm up: “Rolling the Ball of Qi”**

**To awaken the spine, posture, and awareness of the body while seated.**

- Sit feet flat on the floor, knees at hip width.
- Gently rock side to side, then forward and back — find your balanced center.
- Roll shoulders slowly backward 5 times, then forward 5 times.

Take three slow breaths: inhale long and deep through the nose, exhale slowly and softly through the nose.

- Hold hands in front of your abdomen, palms facing each other as if holding a soft ball.
- Inhale, expand the ball outward slightly; exhale, bring hands closer together.
- Visualize energy pulsing between the palms. Play with the Qi ball.
- Builds awareness, breathing coordination, and energy flow.

**“I am supported by the Earth beneath me.”**

Encourages trust in stability and deep body awareness.

### **Three Key Acupressure Points**

#### **Inner Gate**

**Location:** Inside of the forearm, about three finger-widths above the wrist crease, between the two tendons.

- **Benefit:** *Calms the mind, improves coordination, and prevents dizziness.*

- **Method:** Gently press with thumb hold and massage for several slow breaths.
- **Affirmation:** *“I move with focus and confidence.”*

## Three Yin Intersection

- **Location:** Inside of lower leg, about four finger-widths above the ankle bone. *Strengthens legs, hips, and coordination; balances Yin energy.*
- **Method:** Massage in small circles 20–30 seconds each leg.
- **Affirmation:** *“My center is calm and steady.”*

## Leg Three Miles

**Purpose:** *Builds strength, balance, and stamina; supports digestion and immunity; one of the most famous longevity points in Qigong and Traditional Chinese Medicine.*

**Sit Comfortably** Sit in a chair with your knees bent at a 90° angle and feet flat on the floor. This helps relax the leg muscles and makes the point easier to find.

**Find the Eyes of the Knees just below the kneecap.** Move below the bone to the outside of the leg.

It’s in a soft spot where your muscle meets the bones — slightly tender when pressed.

When you press the right spot, you’ll feel a slight dull ache or gentle sensitivity — not sharp pain. If you flex your foot up and down, you may feel the muscle move under your thumb — that’s normal and confirms you’re in the right area.

Use your thumb or knuckle to press in slow circles for **30–60 seconds**.

Breathe deeply — **inhale through the nose, exhale through the mouth.**

- Repeat on both legs.

**Why It’s Called “Leg Three Miles”** According to tradition, stimulating gave weary travelers enough extra energy to walk another three miles!

It’s known as the **point of endurance and balance** — ***perfect for fall prevention and longevity.***

**Affirmation:** *“My legs are strong and steady.”*

## Bubbling Well (KD1)

Here is an extra pressure points for this workshop an important Kidney pressure points for the winter months to support our kidneys.

Found on the **sole of the foot**, about **one-third of the way down from the base of the toes toward the heel**, in the slight depression that forms when you curl your toes.

- If you draw a line from the second and third toes toward the heel, the point is where your finger naturally rests in that soft spot.

### How to Stimulate the Point:

Sit comfortably where you can easily reach your feet.

Warm your hands by rubbing them together to awaken Qi energy.

Use your **thumb** or **knuckle** to apply gentle circular pressure on KD1.

Breathe slowly and deeply as you press for **30–60 seconds per foot**.

Repeat **2–3 times daily** or before standing, walking, or exercise.

- *Grounds scattered energy; restores balance and stability.*
  - *Reduces dizziness, anxiety, and fatigue.*
  - *Promotes better sleep and deeper breathing.*
- *Strengthens the connection between mind and body, improving coordination and confidence.*
- **“My movements are slow, mindful, and filled with confidence.”**  
*Retrains the nervous system to associate motion with safety and ease.*

## \*\*\*Three Seated Qigong Exercises\*\*\*

### “Rowing on a Peaceful Lake”

- Place hands on knees; inhale and sweep arms forward and up, exhale as arms circle back down.
- Move as though rowing gently through water.
- *Strengthens core, hips, and coordination while staying relaxed.*

- *Repeat 6–8 times.*
- **Affirmation:** *“My movements flow like water.”*

## “Lifting the Sky”

- Inhale and raise both hands above the head, palms facing upward.
- Exhale and press down slowly, palms toward thighs.
- Feel length through the spine and grounding through the feet.
- *Repeat 8–10 times.*
- *Enhances posture, spinal mobility, and calm awareness.*

**“Each breath connects me to strength and clear focus.”**

Centers the mind, steady’s emotions, and synchronizes breath with movement.

## “Wave Hands Like Clouds”

**Hold the ball elbows up to shoulders turn following the up elbow.**

- Gentle side-to-side turning shifting of weight with circular arm movement
- *Encourages coordination, rhythm, and relaxed posture.*
- *Tip:* Keep eyes soft movement continuous and slow.
- **Affirmation:** *“My movements flow like water.”*

Highlights the mental role in maintaining coordination and calm awareness.

## Closing Meditation (5 minutes)

*“The Mountain and the Breeze”*

Sit comfortably or stand rooted.

Close your eyes and feel your feet connect with the earth.

Inhale — imagine drawing energy up from the ground into your belly.

Exhale — release tension down through your feet.

Visualize yourself as a strong mountain — steady, grounded, yet flexible enough to let the wind pass.

Repeat quietly:

“I am balanced. I am supported. I trust my body and the earth beneath me.”

Finish by rubbing the palms, massaging the face, and lightly patting legs and feet to awaken circulation.

**“Balance flows gracefully through my body.”**

## **HOPE Diet for Inflammation Free Body!**

Homer L. Nottingham-Holistic Qigong Master

**“Focusing on four key nutritional tools to help your body thrive naturally and lower inflammation that causes 60-90% of all our illnesses and injuries.”**

**HOPE**—High fiber, Omega-3s, Probiotics, and Enzymes!”

**H** – **High Fiber** Role of fiber: supports digestion, regulates blood sugar, lowers cholesterol, aids in weight management.

### **Examples of Fiber-Rich Foods:**

- **Fruits:** apples, berries, pears (with skin) **Vegetables:** broccoli, carrots, artichokes **Whole grains:** oats, quinoa, barley **Legumes:** lentils, black beans, chickpeas **Seeds:** chia, flaxseed

**O** – **Omega-3 Fatty Acids** Benefits: reduces inflammation, supports heart and brain health, improves mood

**Sources of Omega-3:** Fatty fish: salmon, sardines, mackerel-Flaxseeds, Chia Seeds Walnuts-Algal oil (vegan source)

**P** – **Probiotics** Role of gut microbiome immunity, mood, and digestion

**Probiotic Food Sources:** Yogurt (with live cultures)-Kefir-Kimchi, sauerkraut-Miso, tempeh-Kombucha

**E** – **Enzymes** support energy and reduce digestive discomfort

**Enzyme-Rich Foods:** -Pineapple (bromelain), papaya (papain)-Raw Honey-Sprouts-Fermented Foods-Raw vegetables and fruits

**“I nourish my body with foods that support healing, energy, and peace of mind.”**

### **Protein for Proper Aging**

*Why protein needs to go up with age.*

- *Illness or injury recovery is slower → Protein is your repair material.*
- *Muscle loss speeds up → Your body becomes less efficient at using protein to build muscle.*
- *Appetite often drops → You naturally eat less, so you can easily miss the protein target.*

***\*\*Try to get a good protein source at every meal, aiming for 25–35 g each meal.***

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

Eight gentle bows and three belly laughs daily will support your cardio in staying healthy.

Homer L. Nottingham [homer@homernottingham.com](mailto:homer@homernottingham.com)

text or phone 530-263-1627

# ARTHRITIS | JOINT PAIN RELIEF

## Arthritis through Eastern Wisdom

Video not available yet

*Created by Homer L. Nottingham-Qigong Master*

**Arthritis** is not a single disease but a term describing inflammation and stiffness of the joints. There are more than 100 forms of arthritis, but the two most common are **osteoarthritis** and **rheumatoid arthritis**.

### Western Perspective

In osteoarthritis, the cartilage that cushions the bones wears down over time, leading to pain, stiffness, and loss of mobility—often in the knees, hips, hands, and spine.

Rheumatoid arthritis, on the other hand, is an autoimmune condition where the body's immune system mistakenly attacks the joint lining, causing swelling and joint deformity.

Contributing factors include: Aging and joint wear, Repetitive stress or injury, Obesity, Genetic predisposition, Chronic inflammation and poor diet

*Modern medicine manages arthritis through medications, anti-inflammatory diets, physical therapy, and **HealthSpan Qigong** programs that increase flexibility and reduce stiffness.*

### Eastern Medicine View

In **Traditional Chinese Medicine (TCM)**, arthritis is called **Bi Syndrome**, meaning “blockage.” Qi (vital energy) and blood become stagnant due to invasion of **wind, cold, or dampness**—often described as in your body “**wind-cold-damp obstruction.**” The result is stiffness, swelling, and pain in the joints.

- **Wind** causes wandering pain that moves from joint to joint. Exercises improving Circulation.
- **Cold** causes sharp pain and stiffness. Exercises warming the joints.
- **Dampness** causes heavy, swollen sensations. Exercises soothing inflammation.

*The TCM approach restores the smooth flow of Qi and blood through **acupressure, herbal medicine, and HealthSpan Qigong**, which gently mobilizes joints, warms the tendons, and opens energy pathways.*

**Affirmations: “Warmth and flexibility fill my hands, knees, and heart.”**

*“Circulation and vitality return with love.”*

## **Three Acupressure Points**

This gentle class is designed for **seated** participants and focuses on **warming the joints (cold), improving circulation(wind), and soothing inflammation (dampness).**

### **LI4 – Joining Valley**

- **Location:** Between the thumb and index finger, at the highest point of the muscle when the thumb and finger are pressed together.
- **Benefit:** Relieves pain throughout the body, reduces inflammation, and strengthens immune response.
- **How to Use:** Apply firm circular pressure for 30–60 seconds on each hand while breathing slowly.

**Affirmations: “My joints are flowing freely with comfort and ease.”**

*“I allow stiffness to melt away with every breath.”*

### **ST36 – Leg Three Miles**

- **Location:** About four finger widths below the kneecap, one finger width outside the shinbone.
- **Benefit:** Strengthens energy and immunity, reduces inflammation, supports joints, and improves digestion.
- **How to Use:** Press gently but steadily for 1 minute per side; use slow breathing to release tension.

**Affirmations: “Each movement nourishes my body and restores balance.”**

*“I honor the gentle rhythm of my healing.”*

### **LI11 – Pool at the Bend**

- **Location:** On the outer end of the elbow crease when the arm is bent.
- **Benefit:** Clears heat, reduces inflammation, and relieves pain in the arms and throughout the body. Reduces stiffness, eases pain, restores calmness and vitality

- **How to Use:** Massage with circular motion or press gently for 30–60 seconds each arm.

**Affirmation:** “My joints are flexible. My Qi flows freely.” *“I move with ease and grace.”*

## HealthSpan Qigong for Arthritis Relief

Here’s a **30-minute seated Qigong class plan** built around **Three Coiling Silk Exercises for Arthritis Relief**, focusing on gentle spiraling movements that lubricate the joints, ease stiffness, and enhance Qi circulation while protecting arthritic joints.

### Opening (5 minutes) —

#### Opening the Gates of Qi (Joint Rotation Series)

- Begin by gently rotating wrists, elbows, shoulders, hips, knees, and ankles in slow circles.
- Move in both directions, coordinating with deep breathing.
- **Purpose:** Lubricates joints, improves synovial fluid movement, and awakens energy flow through the limbs.

**Affirmation:** “I release inflammation and invite harmony into my joints.”

*“Peace replaces pain.”*

#### “Gentle Coiling Silk for Joint Freedom”

**Purpose:** Encourage smooth, spiral energy flow through the joints and connective tissue, easing stiffness and improving range of motion for people with arthritis.

#### Centering and Breath Spiral

**Goal:** Calm the nervous system, awaken Qi flow, and gently mobilize the spine and shoulders.

Sit upright on a sturdy chair, feet flat on the ground, palms resting on thighs.

- Inhale slowly through the nose, imagining Qi spiraling up from the soles of your feet to the crown of your head.
- Exhale through the nose, letting the Qi spiral downward, relaxing the shoulders and arms.
- Add gentle circular shoulder rolls (forward and backward) — slow, smooth, like silk uncoiling from a spool.

- End with hands at the lower abdomen, circling the abdomen clockwise 9 times, then counterclockwise 9 times.

**“I move with patience, grace, and gratitude.”** *“My body responds kindly to my care”.*

### **Coiling Silk Exercise #1 – “Silk Reeling Arms” (10 minutes)**

**Focus:** Shoulder, elbow, and wrist mobility.

1. Extend your right arm slightly forward, palm down.
2. Begin slow, circular motions from the shoulder — the whole arm moves as if tracing a spiral in water.
3. Inhale as the arm circles upward and outward; exhale as it circles down and inward.
4. Visualize Qi spiraling through the joints — shoulder to elbow to wrist to fingertips.
5. Repeat 8–10 times, then switch arms.
6. Finish with both arms moving together in mirrored spirals (one clockwise, one counterclockwise).

**Focus cue:** “Soft silk, smooth joints.”

Encourage awareness of the joint rotation, not muscular effort.

**Affirmations:** “Every day, my body becomes more supple and strong.”

*“Healing energy flows effortlessly through me.”*

### **Coiling Silk Exercise #2 – “Serpent Spirals Spine” (8 minutes)**

**Focus:** Spine, hips, and waist flexibility.

1. Place hands on thighs.
2. Inhale as you slowly twist your torso to the right, spiraling from the waist upward to the shoulders.
3. Exhale returning to center, then inhale twisting left.
4. After several twists, add gentle circles of the upper body — drawing a horizontal figure-eight (∞) with your chest.

5. Keep the motion small, fluid, and connected to breath.

**Variation for arthritis:** Keep the spine long and use minimal range; focus on *internal* spiraling rather than external rotation. **Imagery:** “A silk ribbon winding around a bamboo pole.”

**“My Qi moves freely—stiffness has no home here.”** *“I am open, relaxed, and resilient”.*

### **Coiling Silk Exercise #3 – “Dragon Coils Its Tail” (5 minutes)**

**Focus:** Hips, knees, and ankles done *seated or standing*.

Feel the soft, smooth “silk threads” connecting hips to knees to ankles, easing stiffness and grounding energy.

1. With hands holding sides of the chair for stability if standing, slowly lift your right heel, drawing a small circle with the knee as if stirring a pot.
2. Inhale as the knee circles up and out; exhale as it comes down and in.
3. Repeat 8–10 times, then switch legs.
4. Finish with both feet drawing small circles from the ankles to gently spiral Qi down into the earth.

**“I am thankful for my body’s ability to heal and adapt.”** *“Gratitude amplifies my recovery.”*

## **Meditation for Arthritis: *Warming the Rivers of the Body***

### **Silk Breath Stillness**

- Sit upright, hands resting on thighs, palms up.
- Imagine the body filled with luminous silk threads—soft, smooth, warm.
- Inhale, feel those threads glow and unwind tension from each joint.
- Exhale, feel warmth and light spiral downward into the earth.
- End with palms over the lower abdomen, smiling inwardly.

**Affirmations: “With each breath, I soften tension and expand comfort.”**

*“I am whole, peaceful, and at ease in movement”.*

## Find Stillness

Sit comfortably. Let your hands rest lightly over your lower belly. Take a deep breath through the nose, and slowly exhale through the nose. With each breath, feel your body soften—shoulder relax, jaw unclenches, hands and feet feel and grow light.

**Affirmation: “I am safe. My body is resting and healing.”**

## Breathing Warmth into the Joints

Imagine breathing in gentle warmth—a soft golden light. As you inhale, guide this light to you stiff or painful joints. As you exhale, feel the tension melt away---pain dissolving like ice melting in spring water.

**Affirmation: “Warmth flows in, discomfort flows out.”** “Pain is only a message; I listen, learn, and let it go.” *“My awareness brings relief and renewal”.*

## Circulating Qi Flow

Visualize streams of warm light---like golden rivers---flowing smoothly through your body. they travel through the shoulders, elbows, wrist, back, hips, knees, and ankles, washing away stagnation and stiffness.

**Affirmation: “Qi flows freely through every joints. My body moves with ease.”**

## Gratitude for the Body

Bring your attention to your hands and feet---the workers of the body---. Thank them for all they allow you to do each day. feel appreciation rising form your heart, spreading to every cell.

**Affirmation: “Thank you, my body, for your strength, your patience, and you’re healing.”**

## Closing and Centering

Place both hands over your lower belly. Take three calm breaths, feeling your inner warmth gather here. Let your mind settle like calm water. When you are ready, open your eyes softly and move with renewed ease and peace.

**Affirmation: “I am balanced. I am healing. I move with grace.”**

# Collagen, Protein, and Movement

Movement-based practices such as **HealthSpan Qigong** stimulate collagen formation in connective tissues. As muscles contract and stretch, fibroblasts respond by reinforcing tendons, fascia, and joints. The rhythmic breathing and relaxation of Qigong also balance cortisol, the stress hormone that breaks down collagen when chronically elevated.

Collagen and protein are the body's natural framework for strength, flexibility, **and healing**. As we age, nourishing our collagen through protein-rich foods, Qigong mindful movement, and balanced lifestyle practices helps preserve youthfulness from within. Through nutrition and Qigong practice, supporting collagen is not vanity—it's vitality.

**Seniors should generally increase their protein intake as they age.**

- 1. Combat Muscle Loss (Sarcopenia)** As people age, they naturally lose muscle mass—a condition known as sarcopenia. Protein is essential for maintaining and rebuilding muscle. *Without adequate protein, this decline accelerates, increasing the risk of frailty, falls, and reduced independence.*
- 2. Support Healing and Recovery**-Older adults often take longer to heal from illness, injury, or surgery. Protein plays a key role in tissue repair and immune function, making it vital for faster recovery and resistance to infections.
- 3. Preserve Bone Health**-Protein, along with calcium and vitamin D, helps maintain bone density. This is critical for preventing osteoporosis and fractures, which can be life-altering for seniors.
- 4. Improve Immune Function**-Aging weakens the immune system. Protein supports the production of antibodies and immune cells, *helping seniors fight infections more effectively.*
- 5. Enhance Quality of Life**-Protein helps support: Energy Levels-Cognitive function-Mood stability  
All of which contribute to better overall quality of life.

## **Collagen and Protein: The Building Blocks of Life**

Protein is one of the essential macronutrients of life—alongside carbohydrates and fats—serving as the body's structural and functional foundation. Collagen, the most abundant protein in the human body, forms the scaffolding that holds us together. From our skin and

bones to our muscles and tendons, collagen and protein work in harmony to maintain strength, flexibility, and repair.

Protein is composed of long chains of amino acids, often referred to as the “building blocks of life.” Every cell in the human body depends on protein to function. It is vital for:  
Tissue repair and growth-Enzyme and hormone production-Immune defense-Transport of oxygen and nutrients-Energy support during illness

Without adequate protein, the body cannot repair muscles, maintain bone strength, or produce essential enzymes for digestion and metabolism.

Collagen accounts for nearly one-third of all the protein in the body. It is a **fibrous, rope-like protein** that provides structure, elasticity, and strength to tissues. There are more than 20 types of collagens, but the three most common forms are:

**Type I** – Found in skin, tendons, bones, and ligaments-**Type II** – *Found in cartilage and joints*-**Type III** – Found in muscles, arteries, and internal organs

As we age, our natural collagen production begins to decline. This leads to **wrinkles, joint stiffness, slower healing, and muscle weakness**. The body produces less collagen due to reduced activity of fibroblast cells and diminished nutrient absorption.

### Collagen and Aging

Qigong and mindful breathing promote collagen health by **improving circulation and oxygen delivery** to tissues, supporting regeneration naturally.

The visible signs of aging—loose skin, brittle nails, and *joint discomfort*—are often due to collagen loss. Collagen is rich in the amino acids **glycine, proline, and hydroxyproline**, which are necessary for the body’s repair systems. To support collagen renewal, the body requires:

**Vitamin C**, which activates collagen synthesis-**Zinc and copper**, which stabilize collagen fibers-**Adequate protein intake**, which provides the amino acids necessary to build new collagen.

### Sources of Protein and Collagen

**Dietary proteins** are found in: **Animal sources:** eggs, poultry, fish, lean meats, and dairy  
**Plant sources:** beans, lentils, quinoa, nuts, and seeds

**Collagen-rich foods and supplements** include: Bone Broth-Chicken skin, fish skin, and beef tendons-Collagen peptides or hydrolyzed collagen powders

Plant-based eaters can still support collagen production by consuming foods high in **vitamin C (citrus, bell peppers), silica (cucumbers, oats), and antioxidants** that protect existing collagen from free radical damage.

“Movement and stillness are the medicine of life.”

Homer L. Nottingham [homer@homernottingham.com](mailto:homer@homernottingham.com)

text or phone 530-263-1627

# **RESILIENCE & RECOVERY | CANCER**

## **The Key Healing Points, Movements, & Meditation!**

Watch the full video on YouTube: <https://youtu.be/xOR05vcPOqk>

*Created by 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 coccyx up the back down the front back to coccyx.

*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 end 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** (Ethereic 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.*

[homer@homernottingham.com](mailto:homer@homernottingham.com)

### **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.*

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***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.*

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***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.*

# FEEL BETTER FAST

# ACUPRESSURE | OPEN ENERGY FLOW

## Acupressure for Healing and Prevention

Watch the full workshop on YouTube: <https://youtu.be/9F0W8I95hNM>

*Created by Homer L. Nottingham-Holistic Qigong Master*

*Acupressure is applied to pressure points in Qigong exercises movement. It puts pressure on your channels and vessels and keeps them open. Hence, movement is medicine.*

Acupressure is one of the oldest healing arts in the world and is a foundational practice within Traditional Chinese Medicine (TCM). For thousands of years, practitioners have understood that the human body is not merely a physical structure but an energetic system through which Qi—the life force—flows. This energy travels through pathways called **meridians**, which connect the organs, tissues, emotions, and mind into one unified system. Acupressure works by applying gentle pressure with the fingers, palms, or knuckles to specific points along these meridians, helping restore the natural flow of Qi and bringing the body back into harmony.

### Healing Through the Body's Own Intelligence

One of the most powerful aspects of acupressure is that it does not force the body to heal—it **awakens the body's own healing intelligence**. When a point is stimulated, signals travel through the nervous system to the brain and organs, triggering a cascade of physiological responses.

- Research shows that stimulating acupoints can:
- Release endorphins and natural pain-relieving chemicals
- Improve circulation and oxygen delivery
- Reduce inflammation
- Calm the sympathetic “fight-or-flight” response
- Activate the parasympathetic “rest and repair” system

This is why acupressure is commonly used for conditions such as pain, stress, headaches, digestive issues, fatigue, and sleep problems. Rather than simply treating symptoms, it helps restore balance to the whole system.

## Prevention: The Great Strength of Acupressure

In Traditional Chinese Medicine, the highest form of medicine is **prevention**. Ancient physicians believed that a true healer helped people stay healthy rather than waiting until disease appeared.

Acupressure supports prevention in several ways:

### 1. Maintaining Energy Flow

Regular stimulation of key points keeps Qi circulating smoothly, preventing stagnation that can lead to illness.

### 2. Strengthening the Organs

Each meridian connects with a specific organ system. By stimulating these points, acupressure nourishes and supports organ vitality.

### 3. Boosting the Immune System

Acupressure enhances the body's Wei Qi—the protective energy that defends against external pathogens such as wind, cold, dampness, and dryness.

### 4. Balancing Emotions

In TCM, emotions are directly connected to organ health. Acupressure helps calm emotional imbalances such as worry, anger, grief, and fear, preventing them from weakening the body.

This makes acupressure a powerful companion to practices such as **Qigong, Tai Chi, meditation, and breathwork**, where movement, breath, and energy awareness work together to cultivate health. Acupuncture with needles is used to remove severe blockages.

*Don't let the simplicity fool you. It's powerful enough to help with stress relief emotional negativity and depression as well as resistance to deeper exploration of the self.*

*Acupressure Therapy is designed specifically to relieve stress, depression, and emotional negativity. It will also help with resistance to deeper exploration of the self.*

## ACUPRESSURE RELEASE POINTS

Because you are using finger pressure and not a needle, point location does not need to be precise. If you are within about one-half inch of a point, your touch affects it. Locate a point with your index or middle finger, and inhale and press in until you connect with the thickness of the flesh beneath the skin. Then exhale and ease up slowly until you feel like

you are reaching through the layer of skin. Hold this light but connected pressure until you feel the energy moving through the point. Sometimes it takes a few breaths for energy to come in sometimes it takes several breaths.

Here are some examples of a few meridian points for health and wellness. Inhale press in firmly bend end of finger or thumb toward pressure point. Exhale move the finger or thumb along to the center of the tender spot. This is called thumb walking or finger walking.

- **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. Major pain relief point.
- **Kidney (K27)** Down neck line 3 inches below collarbone. Restores vitality and courage.
- **Bladder (B54)** Middle of back of leg. Alleviates lower back pain.
- **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.
- **Gall Bladder (GB40)** just below ankle bone toward front of foot. Balances energy in the Gall Bladder meridian.
- **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.
- **Small Intestine (SI 3)** edge of palm half way towards wrist from little finger. Master point for Governing Vessel supporting one's strength of mind and spirit.
- **Triple Warmer (TW17)** on bone under ear. For all ear problems. Clears blockages to hearing, seeing, and speaking.

- **Triple Warmer Outer Gate (TW5)** three fingers up from outside of wrist in middle of arm. Relieves arm, shoulder, and neck pain good for headaches.
- **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.

At the end, just relax and breathe for a minute or so before going on with your day.

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. You may want to end with your meditation.

## **FEET-ACUPRESSURE RELEASE POINTS**

On the feet! “Life is your choice. You will be amazed at your realization.”

For thousands of years, The Ancient Energy Masters Physicians have studied the flow of energy in the body, and have mapped the places that become obstructed.

- Here are five-foot points to help increase your energy.
- The goal is to balance the chi within each of the meridians.

### **PRESSURE (Trigger) POINTS**

Using fingers is best because the thumb has a pulse of its own the fingers don't. Holding the points for a while helps balance the energy. By pressing these points energy comes into balance. There will be a sort of ache when pressing these points. You will feel when you are on the Qi (du-qi on the Qi).

- **KIDNEY POINT**

Halfway between bottom of anklebone and edge of the foot on inside of foot. Kidney energy is kind of like energy that drives your car.

- **BLADDER POINT**

At the base of the little toe bone on the side of foot. About halfway up from little toe. Stimulates both the heart and spirit. As usual hold the points with your index fingers and wait for them to balance.

- **SPLEEN POINT**

Spleen point is located in the hollow on the side of the foot where the big toe and foot meet. Spleen energy is all about analytical thinking, memory and ideas. Working on this point is all about peace. Hold the point as usual.

- **BUBBLING WELL POINT**

Entry point for earth energy to enter the body as such helps with balance and grounds us. Center of foot in the little valley between the balls of feet press.

- **BLADDER POINT**

Another bladder point is located back by the anklebone on the outside of foot halfway towards foot. Relaxes muscles and sinus.

Here is an extra two points for the feet.

- Liver (Lv3) Cycle Gate between big toe and next toe up about 1 inch. Promotes the smooth flow of liver energy relieves stress, frustration, and repressed anger.
- Spleen (Sp3) toward ankle above big toe bones. Supports spleen's mental function mindfulness, memory, clarity, and concentration.

Massage is another form of acupressure that you may use to remove blockages.

## **5-Minute Healing Meditation with Affirmations**

### **Step 1 — Relax the Body (1 minute)**

- Bring your awareness to the top of your head. **“My body is relaxed.”**
- Imagine a warm wave of relaxation slowly moving downward. **“My breath is calm.”**
- Relax your face...Relax your jaw...Relax your neck and shoulders.
- Let the relaxation flow down your arms and hands.
- Allow your chest to soften and your breathing to become calm and natural.
- Relax your stomach, hips, and legs. **“I am restoring balance and harmony.”**
- Feel your feet gently connected to the earth. **“My energy flows freely.”**

### **Step 2 — Activate Healing Energy (2 minutes) “Every cell of my body is alive with vitality.”**

- Bring your awareness to the Lower Dantian, your body's energy center.
- As you breathe in, imagine a soft golden light entering your body.
- As you breathe out, feel that light spreading through every cell.

- With each breath, the light grows stronger and warmer. **“Healing energy flows through me.”**
- Allow it to move through your organs, muscles, bones, and fascia.
- Let the energy circulate through the entire body. **“My body knows how to heal.”**

### **Step 3 — Nourish the Organs and Spirit (1 minute)**

Now imagine this warm energy moving through your organs: Through the lungs... bringing calm breathing. Through the heart... bringing joy and peace. **“My spirit is bright and clear.”**

Through the liver... bringing smooth flow and flexibility. Through the spleen... bringing nourishment and strength. Through the kidneys... bringing deep vitality. **“My organs are strong and balanced.”**

Feel the entire body glowing with gentle energy. **“My mind is peaceful.”**

### **Step 4 — Gratitude and Integration (1 minute)**

- Return your attention to your Lower Dantian. **“I am grateful for my health.”**
- Place both hands there and take three slow breaths. **“My body is strong and resilient.”**
- Feel the energy gathering and storing there like a warm glowing pearl.
- Now take one deep breath in...Slowly exhale...Gently open your eyes. Smile softly. **“Each day I grow healthier and more vibrant.”**

"Remember, healing energy is always within you. With breath, awareness, and gentle practice, you awaken the body's natural ability to restore balance and vitality."

### **A Daily Practice of Self-Care**

One of the greatest gifts of acupressure is that it can be practiced anywhere and by anyone. With a little knowledge, individuals can use their own hands to support their health.

Simple daily stimulation of points on the face, hands, feet, and chest can:

- Increase energy and vitality
- Improve breathing
- Reduce tension and stress
- Enhance mental clarity
- Promote longevity and wellness

## The Wisdom of Touch

Human beings are designed to heal through touch. Gentle pressure applied with awareness brings attention to the body and awakens dormant energy. In this sense, acupressure is more than a technique—it is a conversation with the body.

When practiced regularly, it reminds us that healing is not something we must chase outside ourselves. The body already contains the intelligence and resources needed for renewal. Acupressure simply helps open the door.

## The Body as an Energy Network

In TCM, health is seen as a state of balance and smooth circulation of Qi and blood. When Qi flows freely, the organs function properly, the immune system is strong, and the mind remains calm and centered. When Qi becomes blocked or weakened, symptoms and disease may appear.

Acupressure stimulates precise points that act like **energy gateways** within the body. When pressure is applied, it can:

- Release stagnation and blocked energy
- Increase circulation of blood and Qi
- Relax muscles and connective tissue
- Activate the body's natural healing mechanisms
- Balance the nervous system
- Strengthen the body's resilience to illness. In modern terms, acupressure influences the **nervous system, circulation, fascia, lymphatic flow, and hormonal balance**, helping the body shift from stress toward repair and regeneration.

## A Path Toward Longevity

In many ways, acupressure reflects the deeper philosophy of Traditional Chinese Medicine: health is not merely the absence of disease but the presence of balance, vitality, and harmony between body, mind, and spirit.

By keeping Qi flowing, nourishing the organs, calming the mind, and strengthening the body's defenses, acupressure becomes a simple yet profound method for both **healing and prevention**.

When practiced consistently, it supports what many people seek throughout life—healthspan as well as lifespan: longevity with a high quality of life.

Some pressure points are excellent for pain relief, some for building energy and immunity, some for relieving physical, energetic, or emotional blockages.

- You may have many feelings as the body reacts and emotional tension gives way, a sense of relieved calmness, relaxation, or other feelings.
- Acu-points are powerful tools for enhancing well-being on many levels.
- “Let your life become simple. See all situations as simply unique occurrences on your pathway.”
- Acupressure is a path in energy awareness. Some are excellent for pain relief, some for building energy and immunity, some for relieving physical, energetic, or emotional blockages.

Homer L. Nottingham [homer@homernottingham.com](mailto:homer@homernottingham.com)

text or phone 530-263-1627

# **BALANCE HORMONES | HEALING SOUNDS**

## **Healing Sounds for the Endocrine Glands**

Video not available yet

*Created by Homer L. Nottingham-Qigong Master*

**The voice is vibration, vibration creates movement, movement awakens Preventive Qi, Preventive Qi nourishes the glands so they can release the hormones that heal us.**

Hormones are the body's chemical messengers—tiny but powerful substances that travel through the bloodstream, telling organs and cells what to do and when to do it. Produced by specialized glands of the endocrine system, hormones influence nearly every aspect of human health, from how we grow, sleep, and metabolize food, to how we feel, adapt, and heal. Each gland has its specialty, yet all work together to maintain homeostasis—our body's dynamic equilibrium. *Each is a messenger telling the body when, where, and how to produce hormones.*

### ***Part 1-THREE ACUPRESSURE POINTS for THE ENDOCRINE GLANDS***

#### **Hall of Impression**

Location: Between the eyebrows (third eye area)

Glands Stimulated:

- *Pituitary (Master gland)-Pineal (Sleep, circadian rhythm)*

*Benefits: Clears the mind-Balances Hormones-Helps with sleep and emotional calm-Reduces stress and anxiety*

Technique: Gently press or circle with one finger 30–60 seconds-Breathe softly into the forehead.

#### **Storehouse of Vitality**

Location:

Just below the collarbone, next to the breastbone— one finger-width down and out from the notch at the top.

*Boosts energy & oxygen uptake-Opens chest and breathing-Relieves fatigue and anxiety-Helps hormonal balance under stress.*

Glands Stimulated: *Thyroid & Parathyroid* (energy, metabolism, calcium regulation)-  
*Adrenals* (stress support).

Technique: Use light pressure or gentle tapping-Breathe deeply as you stimulate.

### **Sea of Tranquility**

Location: Center of the sternum, level with the nipples.

*Strengthens immune system-Opens emotional breathing-Stimulates thymus T-cells-  
Reduces stress hormones-Supports emotional harmony.*

Glands Stimulated: *Thymus* (immune gland)-*Also affects heart and lung Qi.*

Technique: Tap gently with fingertips or press with palms in circle.

## ***Part 2-Healing Sounds: Voice + Vibration + Breath = Hormone Harmony***

Each sound: resonates a specific gland-stimulates circulation and Qi flow-activates hormone secretion-calms or energizes as needed. *Where the mind goes the Qi flows!*

### **PITUITARY GLAND** (The Master Gland)

Location: Center of brain, behind forehead-Hormones: Human Growth, vasopressin, oxytocin, adrenal control and others--master gland. Focus: Master regulation. Sound: Omm Move hands up front of body and feel it vibrate behind the third eye area.

Affirmation: *"I balance the rhythm of all my hormones."*

### **PINEAL GLAND** (Mind + Sleep + Spirit)

Location: Center of the brain-Hormone: Melatonin. Focus: Sleep rhythm, inner peace, ESP: intuition, karma, and clairvoyance. Sound: Omm High, light, spirit-tone-Project it like starlight through the Crownpoint into the center of the brain. Move hands above Crownpoint.

Affirmation: *"I see clearly into the stillness of my spirit."*

## **THYROID & PARATHYROID** (Metabolism + Calcium)

Location: Throat-Hormones: T3, T4, Calcitonin-Mood hormones. Focus: Energy, metabolism, weight balance, voice. Movement: Chin gently lifts, exposing throat. Hands move outward.

Sound: “Eeeeeee...” (soft breathy sound) Let the sound and hand movement warm the throat.

Affirmation: *“I speak my truth. My metabolism is strong and calm.”*

## **THYMUS** (Immune System + Youth Qi)

Location: Upper Chest-Hormones: Thymosin (T-cells). Focus: Immune strength, courage, vitality. Movement: Circle arms outward, like opening wings. Sound: “AAAH” (like a gentle joyful shout). Move hands from top of chest.

End Thymus tapping drumming with fingertips light Sound vibrates the chest, opens courage.

Affirmation: *“My immune system is strong, vibrant, and alive.”*

## **PANCREAS** (Blood Sugar + Energy)

Location: a little to the left side under ribs-Hormones: Insulin, Glucagon, & others. Focus: Balance, nourishment, emotional digestion. Movement: Bring hand across body as you turn each direction. Sound: Yang pronounced “Youngaa...” (like a low, soothing wind). Let it vibrate into the middle dantien.

Affirmation: *“I digest life with ease and harmony.”*

## **GONADS** (Root Energy, Creativity, Libido)

Location: Lower pelvis- Hormones: Testosterone, Estrogen, Progesterone  
Focus: Creativity, grounding. Movement: Knees soft, tailbone relaxed. Sound: “Chewwww...” (deep round tone) see, hear, & feel sound follow hands down center of body. This awakens body and circulates hormones. Put a happy face on your heart.

Affirmation: *“I gather creative life force from my root.”*

## **ADRENALS** (Stress → Strength)

Location: On top of kidneys-Hormones: Cortisol, adrenaline, DHEA. Focus: Stress recovery, grounding, power. Movement: Raise hands-Bend forward as you lower hands.

Sound: “Seeahhhh...” (like calming a crying child). This sound *calms cortisol*, cools fire, restores energy

Affirmation: *“I transform stress into strength and deep peace.”*

### **Part 3- FIVE-MINUTE HEALING GLAND & HORMONE MEDITATION**

Hands resting on lower belly. Close your eyes. Breathe gently in through the nose... out through the nose. Let the breath be soft. **“My glands are balanced, nourished, and awake.”**

#### **Minute 1 — Calming the Mind & Nervous System**

**Inhale**: calm **Exhale**: soften body- Let the face, jaw, and shoulders relax. Say silently or aloud: *“My inner light awakens my healing power.”*

#### **Minute 2 — Crown & Brain Glands**

Bring awareness to the *center of your brain* —where the pineal and pituitary glands rest in stillness. “The Chrystal Palace” Releasing dopamine-happiness hormone. Imagine a soft glowing light there. Breathe into it. Feel happiness, clarity, and peace.  
*“My hormones are in harmony.”*

#### **Minute 3 — Throat & Heart Glands**

Now move awareness to your throat —the thyroid, your personal truth center. Then to the chest —the thymus, your immune intelligence. Breathe into both: Inhale: energy rises- Exhale: stress melts. Feel warmth in your chest.  
*“I am protected. I am strong.”*

#### **Minute 4 — Belly & Lower Glands**

Slow/soft exhale bring breath down to the belly and lower abdomen —pancreas, adrenals, gastral intestine area. Relax your hips. Soften your spine. Feel the breath move like waves.  
*“I am grounded and supported.”*

#### **Minute 5 — Whole Body Harmony**

Now imagine all the glands —from crown to pelvis —linked by a golden thread of Protective Qi a river of light flowing freely. Breathe softly: In-Long and deep. Out-slow and soft.  
*“Every cell in my body is healing.”*

Slowly open your eyes —returning fresh, clear, and centered.

*“Thank you, body. I am healthy, well & healing.”*

**Balance comes from:** *Nutritious food (especially fiber, omega-3s, and micronutrients)-  
Deep sleep and rest-Daily movement- HealthSpan Qigong, Tai Chi, walking-Stress  
Reduction-Healthy Relationships-Sunlight & nature-Breathwork and meditation-  
Hydration-Avoiding toxins and endocrine disruptors.*

*Hormones are not visible—but their effects are everywhere. They help us wake in the morning, digest breakfast, handle stress, create new cells, feel joy, heal wounds, and sleep peacefully at night. They influence how we think, how we feel, how we age, and how we connect emotionally and spiritually.*

*When we honor them—through **HealthSpan Qigong** movement, breath, nourishment, and stillness—we help the body return to balance, vitality, and harmony.*

Homer L. Nottingham [homer@homernottingham.com](mailto:homer@homernottingham.com)

text or phone 530-263-1627

## CALM & CIRCULATION | QI & BLOOD

### The Dance Between “Qi-Lifeforce Energy and Blood-Spirit”

Watch the full video on YouTube: <https://youtu.be/9uFyUyCdyM8>

*Created by Homer L. Nottingham-Holistic Qigong Master*

#### Healing the Relationship Between Qi, Blood, and Spirit

*“Ultimately, the relationship between **spirit and soul** is one of living harmony. Your **spirit** gives life and connection to the infinite, while your **soul** records and expresses that life through your unique human story.*

*Healing is not simply removing symptoms. It is the process of opening the systems of your body and restoring the graceful dance between “**Qi and Blood**”, **Qi**-lifeforce energy, allowing your **soul** to return to a state of natural harmony and your **Blood**-spirit, to settle your emotions flow.*

*When you nurture both—through love, gratitude, compassion, peace, and mindful living—you begin to experience a deeper sense of wholeness. Your body becomes healthier, your mind becomes clearer, and life becomes a meaningful journey rather than a random series of events.*

- *In this harmony, your **spirit** continues to inspire, and your **soul** continues to grow, allowing each person to shine their unique light into the world.”*

#### The Deeper Meaning “**Blood is the mother of Qi---Qi is the commander of blood.**”

This seated class is gentle, powerful, and perfect for all levels—especially seniors. The intention is to “**build Blood (nourishment) and move Qi (circulation) without strain**”, allowing your spirit to settle and your body to soften into flow. Even in stillness, your body is moving. Even in sitting, Qi and Blood are dancing. **Blood** nourishes and anchors you. **Qi** moves and activates you. When they work together, they remove blockages--stress and tension from your body:

- Your body feels warm and alive
- Your joints soften
- Your mind becomes peaceful
- Your spirit rests in the heart

The purpose of many healing practices in TCM—including Qigong, acupuncture, herbal medicine, breathing exercises, and meditation—is to restore the harmonious relationship between **Qi and Blood**. *Opening the systems of your body*. Practices like Qigong are particularly powerful because they work simultaneously with: breath-posture -intention - energy flow. *These practices gently move Qi, which then moves Blood, allowing your body to release long-held emotional blockages- tension/stress and restore internal harmony. Let them dance... gently... effortlessly.*

## **Three Acupressure Points (Seated Practice)**

### **Liver 3 (Tai Chong) – Move Qi & Blood**

- Top of your foot, between first and second toes
- **Benefit:** Releases stagnation, emotional tension “I let go... I return to flow.”

### **Spleen 6 (San Yin Jiao) – Nourish Blood**

- *Inside* of lower leg, about 4 inches above ankle massage under bone
- **Benefit:** Builds your Blood and supports grounding “I am nourished... I am supported.”

### **Heart 7 (Shen Men) – Calm the Spirit**

On crease of your wrist-below your little finger. “My heart is calm... my spirit is at peace.”

### **Seated Warm-Up**

#### **Four Golden Wheels (Three Dantians and Heart Spirit)**

- Release stagnation- Hands above head in Prayer Position
- Three Times-Lower hands slowly with breath and Healing Sounds Oommm-Ahh-Hung

Affirmation: “I gather Qi... I build my Blood.”

### **Gentle Seated Shaking**

- Lift heels slightly or bounce knees-Let shoulders relax-Shake gently all over.

Affirmation: “I release tension... I welcome flow.”

## Seated Swinging

- Hook your swing up to the moon and swing to open the systems of your body. Wake up circulation

Affirmation: “I awaken the flow within me.”

## Three Seated Core Exercises

“Your breath moves Qi... Qi moves your Blood... your Blood nourishes your spirit.”

### Seated Silk Reeling (Move Qi → Move Blood)

- Hands circle slowly in front of your body “Small movement... big circulation.”
- Movement comes from your waist (even seated)
- Keep motion smooth and continuous
- **Focus:** Gentle spirals move Qi through your meridians. “My Qi flows... my Blood follows.”

### Seated Rowing the Boat (Circulate Heart & Lung Qi)

- Opens chest, moves Blood through Heart and Lungs
- Hands reach forward on inhale
- Pull back gently on exhale (as if rowing)
- **Focus:** Coordinate your breath with movement- “With each breath, I circulate life.”

### Seated Embrace the Tree (Build Blood / Anchor Spirit)

- When you become still, your Blood gathers... and your spirit finds its home
- Sit upright, arms rounded in front as if holding a ball. Relax shoulders, soften chest
- Breathe slowly “My Blood is full... my spirit is calm.” Sit 3-5 minutes.
- **Focus:** Stillness nourishes your Blood and calms your Spirit.

## 5-Minute Seated Meditation: The Inner Dance

Sit comfortably, spine tall-One hand on your heart-One hand on your lower stomach “My body is in harmony.”

- “Close your eyes...Feel your breath...Your breath is Qi...Your warmth is Blood...

As you inhale, Qi begins to move...As you exhale, Blood softens and nourishes...

- Feel a gentle rhythm: Qi rising...Blood settling...“My Blood nourishes deeply.”

Now imagine: Your Qi like a soft breeze...Your Blood like a calm river...The breeze moves the river... The river carries life...

- Now bring your awareness to your heart...Feel your spirit resting safely...Nothing to force...Nothing to fix...Only a gentle dance within you... “My spirit is at home.”

You don't need to stand to create powerful movement. You don't need effort to create healing.

- When your Qi flows, your Blood follows. When your Blood is full, your spirit rests. Even in stillness... you are dancing.”

*“Movement is medicine...and today, even in your seat, you became the medicine.”*

The ancient statement, “**Your Blood is the mother of Qi, but Qi is the commander of your Blood,**” expresses a dynamic partnership between substance and movement, nourishment and direction, body and spirit.

Throughout history, philosophers, healers, and spiritual traditions have tried to understand the deeper nature of human life. Many traditions describe two important aspects of our inner being: the **soul** and the **spirit**. While the terms are sometimes used interchangeably, many teachings describe them as two different but deeply connected dimensions of human existence. Together, they form the bridge between your physical body and the greater universe.

Your **soul** is often described as the individual essence of a person. It carries our memories, emotions, personality, and personal identity. The soul is what makes each person unique. It is the seat of our feelings, desires, and experiences.

In many spiritual traditions, the soul is considered the **record keeper of our journey**. Every joy, sorrow, challenge, and triumph leaves an imprint on the soul. It holds our compassion, our wisdom gained through experience, and our capacity for love.

Your soul is closely connected to the **heart and emotional life**. When people speak of feeling something “in their soul,” they often refer to deep emotional truths that go beyond the surface of the mind.

Your **spirit**, on the other hand, is often understood as the life force that animates the body and connects us to the universal source of life. Spirit is the spark of vitality that gives your body energy, purpose, and awareness.

In many traditions, spirit is described as the divine breath of life. It is the force that inspires creativity, intuition, courage, and vision. While your soul expresses our individuality, the spirit connects us to something greater than ourselves.

Spirit is often associated with consciousness, inspiration, and higher awareness. It is what allows humans to experience awe, transcendence, and a sense of unity with nature and the universe.

Your soul and spirit work together in a dynamic partnership. Your spirit provides the life energy, while your soul gives that energy personal expression.

Human growth can be understood as the process of **bringing your soul and spirit into greater harmony**. Through reflection, meditation, breath practices, and compassionate living, people learn to quiet the distractions of your mind and reconnect with your deeper nature.

Practices such as **Qigong, meditation, prayer, and mindful breathing** help align the energy of your spirit with the wisdom of your soul. When the breath becomes calm and your body relaxed, your spirit can move freely, nourishing your soul and bringing clarity to your mind.

Homer L. Nottingham [homer@homernottingham.com](mailto:homer@homernottingham.com)

text or phone 530-263-1627



## RETURN TO VITALITY | FAN TONG

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

Watch the full video on YouTube: <https://youtu.be/b3VMb7IoxXU>

*Created by Homer L. Nottingham-Qigong Master*

#### **“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. Closing Integration**

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

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

**8. Bow gently to conclude.**

*Homer L. Nottingham-Holistic Qigong Master*

*text or phone 530-263-1627*

# FOUNDATIONS

## BODY SYSTEM BASICS | FIVE ELEMENTS

### The Natural World and the Five Element Qigong

Watch the full video on YouTube: <https://youtu.be/pODY0ao2zmY>

*Created by Homer L. Nottingham-Holistic Qigong Master*

The Five Element Qigong is a cornerstone of Traditional Chinese Medicine (TCM) and provides a framework for understanding the relationships between the body, the mind, and the natural environment.

- By understanding Five Element Qigong, we can learn to live in harmony with nature and achieve greater well-being in our lives. Imbalances among the elements organs can lead to physical, emotional, or spiritual disharmony.
- Five Element Qigong seeks to restore and maintain balance among these five organs, promoting overall well-being, rebalance the body, and removing pathogens *preventing* many illnesses and injuries. *"To cure the disease, we must first understand the root cause."* - Chinese Proverb

Elements	Wood	Fire	Earth	Metal	Water
<b>Solid "Zang" organs Yin</b>	Liver	Heart	Spleen	Lungs	Kidneys
<b>Hollow "Fu" organs Yang</b>	Gall Bladder	Small Intestine	Stomach	Large Intestine	Bladder Urinary
<b>Opening Sense</b>	Eye Sight	Tongue Speech	Mouth Taste	Nose Smell	Ears Hearing
<b>Emotion</b>	Anger	Anxiety Joy	Worry	Sadness Grief	Fear
<b>Color</b>	Green	Red	Yellow	White	Blue/Black
<b>Direction</b>	East	West	Center	West	North
<b>Season</b>	Spring	Summer	Late Summer	Autumn	Winter
<b>Sound</b>	Shouting	Laughing	Singing	Weeping	Groaning
<b>Taste</b>	Sour	Bitter	Sweet/Acid	Pungent	Salty
<b>Secretions</b>	Tears	Sweat	Salvia	Mucus	Urine
<b>Smell</b>	Rancid	Burnt	Fragrant	Rotten	Putrid

<b>Spiritual Aspects</b>	<b>Soul</b>	<b>Spirit</b>	<b>Intention</b>	<b>Vitality Feelings</b>	<b>Determination</b>
<b>Climate</b>	<b>Wind</b>	<b>Hot</b>	<b>Dampness</b>	<b>Dryness</b>	<b>Cold</b>
<b>Lifecycle</b>	<b>Birth</b>	<b>Youth</b>	<b>Adulthood</b>	<b>Old Age</b>	<b>Death</b>
<b>Tissues</b>	<b>Tendon Nails</b>	<b>Blood Vessels Complexion</b>	<b>Muscles Lips</b>	<b>Skin Body Hair</b>	<b>Bone Head Hair</b>

Five Elements Connections Framework Created by Homer L. Nottingham

At the heart of the Five Element are a few fundamental principles, one of the most important being the Healing Qigong as a **preventive medicine** for the body, mind, and spirit. Regular practice of Qigong offers numerous **preventive medicine** benefits for both physical and mental health. Moreover, Qigong provides a holistic **preventive** approach to health, encouraging practitioners to connect with the rhythms of nature and their *own inner wisdom*.

### Zang Organs

According to TCM theory, there are five Zang organs: *Heart, Liver, Spleen, Lung, and Kidney*. This holistic approach views the organs not just as anatomical structures but as dynamic entities *interconnected* with the environment and emotions. Imbalances can lead to specific patterns of disharmony, affecting both the organ itself and the interconnected five elements' systems within the body.

**The Heart**, representing **Fire**, is considered the “*Emperor of the Body*” in TCM.

**The Liver** sometimes referred to as the “*General*” of the Zang organs, associated with **Wood**, regulates the flow of Qi (vital energy) and stores blood.

**The Spleen**, corresponding to **Earth**, transforms and transports nutrients derived from food to produce Qi and Blood. It plays a crucial role in digestion, absorption, and the immune system.

**The Lung** is the “*Prime Minister*”, aligned with **Metal**, governs respiration and regulates Qi throughout the body. It controls the skin and body hair, influencing immune function and the body's defensive Qi.

**The Kidney**, representing **Water** it controls the skeletal system, bone marrow, and brain function. *Emotionally, the Kidney is linked to fear and manifests in the health of the lower back, knees, and ears.*

Understanding their roles within the Five Elements Theory provides insights into health and disease management, emphasizing **prevention**, balance, and the cultivation of harmony within the individual.

Illness in one organ can thus be traced to a weakness or over-controlling action by a related organ. If water is weak, for example, it will fail to control fire, which becomes over-exuberant and attacks metal; or in organ terms, weak Kidneys fail to control the Heart, which then damages the Lungs, so a respiratory disorder such as asthma or **long covid** may in some cases be treated with kidney tonics.

The strength or weakness of each element also affects that of its neighbors: too little water and the green shoots (liver-wood) in spring will not appear, too little fire (heart) and there will be no ashes to strengthen the earth (spleen), and so on.

*By recognizing and addressing imbalances early through Qigong and Acupressure TCM aims to rebalance harmony and promote health at both the physical and emotional levels.*

### **Qigong for Five Elements Zang Organ Balance**

#### **Wood Element Liver**

**Healing sound** shoe-u. Extend right leg bring both hands to eyes right hands over eyes left hand underneath bring hands down over liver on right side with the healing sounds in a big circle. Feel sound follow hands down the right side through the liver.

**Twisting Movement for Liver Detoxification:** Return to the starting position with your arms relaxed by your sides. Place your hands on your hips. Inhale deeply, and as you exhale, gently twist your torso to the left, looking over your left shoulder. Hold the twist for a few breaths, then return to the center. This twisting movement helps to massage the smiling liver and promote detoxification. Repeat the twist 3-5 times on each side.

#### **Fire Element Heart**

**Healing sound omm-ah-hung** bring hands in prayer position above head bring down the front as you make the healing sound. Feel it following your hands through your smiling heart.

**Opening the Heart: Inhale deeply** and slowly push your palms away from your chest, imagining you are gently opening a door in front of your heart. Imagine a beautiful soft red color. **Exhale slowly** as you bring your palms back towards your chest, visualizing closing the door gently. *Continue this movement, synchronizing it with your breath. Focus on the*

*feeling of opening and closing around your heart area, promoting a sense of calmness and openness.*

### **“Earth Element” Spleen**

**Healing Sound** whooo- bring hands to mouth left hand over mouth and move down with healing sound through the spleen. Back up and repeat. To enhance stability, nourishment, and balance, targeting the Spleen and Stomach calming the Vagus Nerve and releasing Nitric Oxide.

**Stomach Rotations** Place your hands on your abdomen, one hand on top of the other. Rotate your torso gently in a circular motion, starting in a clockwise direction. Imagine you are massaging your internal organs, especially your spleen and stomach. See them smile! This sends a message to release hormones into your body. After a few rotations, switch directions to counterclockwise. Perform this exercise slowly and mindfully, focusing on your breath and the sensation in your abdomen.

### **Metal Element-Lungs**

**Healing sound** see-ah roar like a lion. Place hands in front of lungs push out with the sound.

**Movement Breathing:** Sit with feet shoulder-width apart, arms relaxed at your sides. Let your lungs smile at you! *Inhale, long and deep*, and bring your arms up around body with palms facing the heavens, gather the energy and turn palms down. *Exhale, slow and soft*, turn palms down and bring Universal energy into the lungs. Visualize white light filling your lungs, purifying your body and mind. Releasing sadness and grief. Increase length of breath as lungs strengthen.

### **Water Element-Kidneys**

**Healing sound** chee-o-eee sounds like a bear growling. Massage kidneys with fist come around as if placing arms around a tree and make sound-growl like a bear.

**Movement:** Sit with feet shoulder-width apart arms at your sides. Inhale and gently sway your body from side to side, like water flowing in a gentle stream. Imagine beautiful deep blue water let the kidneys smile! As you sway, move your arms in a fluid, wave-like motion, rising and falling with the rhythm of your breath.

## Humming Bee Breath

To release all the Zang Organs bring hands to forehead palms facing downward. OM! Exhaling through the nose and inhaling through the nose. On the exhale, hum “OM” gently as it follows the hands downward, allowing the vibration to resonate through your brain, heart, lungs, liver, Kidney, and spleen area. *Releases hypertension of the Vagus Nerve. This exercise helps to open the airways, releases 10-15% more Nitric Oxide for the cardio system, improve lung capacity, and release stress in the gastrointestinal area.*

### Qigong Meditation Exercise Zhan Zhuang (pronounced Jan Jong)

**Purpose:** This Five Elements Healing Qigong meditation enhances the body’s internal energy flow, grounding and nourishing the Zang Organs. **Preventing** stress and tension!!  
**How to Perform:** Sit or stand with your feet shoulder-width apart. Imagine your body is a tree with roots extending deep into the earth, drawing up nourishing water energy.

Relax your arms by your sides or *hold them in front of your lower abdomen* in a gentle circle (Hugging the Tree position). Focus on your breath and feel the energy flow through your kidneys and down into your legs. Hold this position for 3–10 minutes, gradually increasing the duration as your practice develops. **Promotes strength, calmness, and balance.** Use your mantra “Sung” for total relaxation! Start your sitting Zen (meditation).

**“Keep Strong and disease will find no way to attach.”**

Homer L. Nottingham [homer@homernottingham.com](mailto:homer@homernottingham.com)

text or phone 530-263-1627

# **WHOLE BODY CONNECTION | FASCIA**

## **Fascia as a Living Regeneration Network**

Watch the full video on YouTube: <https://youtu.be/CWWs9czYNTk>

*Created by Homer L. Nottingham-Holistic Qigong Master*

*“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 Mechan transduction, 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!!**

Homer L. Nottingham [homer@homernottingham.com](mailto:homer@homernottingham.com) text or phone 530-263-1627