

## Balance Hormones | Healing Sounds

### HEALING SOUNDS FOR THE ENDOCRINE GLANDS

*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: “Chewww...” (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.*

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