

Homer,

On my way to today's appointment, I took stock of my life since meeting Homer, and starting to follow the qigong way. It is almost a year ago now--I was fresh from cancer surgery, clocking in at almost 260 pounds thanks to a nasty Hershey habit. Long term depressed, in constant physical pain--ulcers, hernia, gastritis, sciatica, bad knee--and a low thyroid function to top thing off. In short, a miserable s.o.b., as any of my housemates would attest to. It was time to change or hopefully, mercifully, die.

Enter Homer.

I started attending tue.and thurs. qigong. A big room full of people, all of us there for our own reasons. Homer would talk while we practiced the qigong moves, everyone else being much better at them than me. People were kind, and kept their chortles to themselves. I could tell, that the things Homer was saying, were things he had said literally hundreds, if not thousands of times before. Little things---"smile from the heart--our job is to live joyously in the sorrows of the world and set the example"--and tons of others. I took all this patter to heart, and really tried to live that way. I took the art of change class--seriously. I do my Dragon and Tiger every day--seriously. I sought guidance from other healers Homer recommended.

Over the last year, Homer has instructed me how to listen to my own body and mind, and be in charge of their condition. I am amazed at the slow, but steady progress I have made by following Homers teachings. I now walk and sleep pain free, clocking in at a svelte 200 lbs.--my only sugars being fruits, honey, and maple syrup. My situational depression conditions are exactly the same, however, they are no longer killing me. I have learned to deal with them far more effectively. My midsection still needs work, but is 75% better, and continues to get better every day. So far, my qigong life has not fixed my low thyroid, and that is the 1 medication I take--much to the dismay of my physicians who offered a boatload of pills, and shots, and surgeries to deal with all of the above issues.

The chances that I will live a long, high quality life have improved, to say the least. Forever thankful, for my teacher and friend Homer
shel