

*Saturday January 23, 2016*

*Dear Homer,*

*In 2003 I was diagnosed with Hodgkin's Lymphoma. Dr. Campbell from the Cancer Center here in Nevada County referred me to Stanford University..he told me that his teacher was the best.*

*I went through a series of Chemotherapy sessions and radiation and finally finished in 2004. at that time, I knew nothing about Qigong and I could barely stand, but I went and enjoyed it.*

*Then I came to Nevada County and joined the gym...I was weak and had neuropathy in my legs..it created heat, pain and numbness in my legs.*

*I began to take your Qigong classes. I went to 3 classes a week... now I do 4-5 hours of Qigong per week and I have no heat or weakness in my legs except when I can't come to the classes for a period of time.*

*I know that qigong has healed my body, I'm 72 years old and I feel less pain in my body and my mind is open to Love, Compassion and Kindness, just as you have said in class. I'm very thankful to you for that, you are a delightful spirit; you bring a smile to my face whenever I share that Qigong state of mind with you.*

*Thank you so much for your love and gratitude.*

*Your friend, Lisette deMiranda*