



Dr. S. Ama Wray: Embodiology: Raising Your Vision, Vibration, and Vitality



Dr. S. Ama Wray is the creator of Embodiology. She is an award-winning international artist and scholar. Embodiology is a mind-body movement science applied to optimize human communications both with self and others. Dr. S. Ama Wray leads the Africana Institute for creativity, Recognition, and Elevation. Are you ready to explore and journey into your life force vibration and transformation? Let the wonder begin to embodied destinations.

**TOP EMBODIMENT TIP:** Do not be afraid, have courage... and what will give you courage, and what will give you resilience? Find those things and optimize them.

Embodiology: Rudiments

- What is a culturally informed methodology? Learn why music and repetition are so central.
- Explore the social skin framework and inner sensing and balance.
- Understand what it means to recalibrate sensory and cognitive intelligence. The journey to see new possibilities.

Seselelame: Vision for Change

- The world of movement and breath.
- Can motion inspire thought? Can we undo anxiety on the street? Where does the magic happen?
- Can motion inspire thought? Discover your sensations through connection to breath.
- How the body and brain work together to inform? Investigate the hearing in the skin.

Principles: Look into the Core

- Understand the core properties. Explore how your focus connects you to breath, mechanics, and your brain.
- Dynamic rhythm: Find out if you can develop the way you express your rhythm.
- What are prosody and fractal code? The world of vibration and how the journey contributes to the self and its vitality.

Resources

- ❖ **Website:** <https://www.embodiology.com>
- ❖ **References:** TedTalk TedxOrangeCoast - Sheron Wray- Bodily Steps to Innovation (May 2011).



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Forests Without Frontiers is a non-profit CIC dedicated to planting trees and reforesting degraded landscapes with support from a network of artists and musicians, as well as businesses and individuals working to become carbon-positive.

The initiative was founded by Nicoleta Carpineanu (aka Nico de Transylvania), a Romanian, UK-based DJ/Producer who grew up in the forests of Transylvania. We began our first key project in Romania in April 2019 and in our first year planted over 25,000 trees. We reforest land that has been clear-cut, where natural reforestation would not occur. We only plant native, biodiverse species, grown locally and cared for until maturity in legally protected areas, adjacent to existing natural forests. Our aim is to plant one million trees in the Carpathians and beyond by 2025.

**OUR MISSION** is to preserve our forests and the people and wildlife they nurture, and to promote connection with nature through music, art, and culture.

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