



Dr Edith Ubuntu Chan: SuperWellness and the New Multidimensional Human



Dr Edith Ubuntu Chan is a holistic chinese medicine doctor, the author of SuperWellness, speaker, coach, alchemist and mama of two young 'star children'. In this session discover how bodies have the key to access intuition and ability to discern truth and how our embodiment practices can create greater world peace.

TOP EMBODIMENT TIP: We are creating a beautiful symphony and it is incomplete if you don't fully shine your light!

Current planetary transits

- We are discovering a smarter, richer way to be human. When we grow together, different ways of learning emerge.
- In the old world you would take a class, analyse, memorise and regurgitate. New learning is to fully integrate and embody something. Co-creation, the exchange of ideas, and learning are fluid, flexible, and multidimensional.

Qi Gong: We can create our own medicine . We are alchemists.

- Qi Gong focuses on three energy centers: Head/upper dan tien, Heart/middle dan tien, Belly/lower dan tien. Dan tien means "field of medicine/elixirs".
- There's a field of light energy 6-7ft / 2m in diameter constantly surrounding us. **Imagine your energy field being the most vibrant, illuminated, and joyful version of yourself.**

Dissolving energy pockets in your field

- Pockets of energy may linger from a situation and appear dark, heavy or spiky in your field. You can dissolve them without becoming enmeshed in the story.
- **Your consciousness can precisely program each and every breath to be beneficial to you on all levels.**
- Through the power of our consciousness we can shift our physical physiological experience. **There is free medicine in each breath.**

Responsibility for the energy you are sharing

- **Program conscious intention into your energy field, notice and embody it.**
- Cultivating our energy is a daily practice. Patting our bodies gets the chi flowing through all our meridians.
- **Our natural state is where we are feeling profoundly peaceful and intensely alive at the same time. Embodying this state of being and radiating loving energy into the field is the greatest practice of activism.**

Resources

- ❖ **Book:** [SuperWellness](#)
- ❖ **Course:** [2020 -2021 consciousness training : Discerning truth from lies](#)
- ❖ **Website:** dredithubuntu.com
- ❖ **Social:** [@dredithubuntu](#), [FB Dr. Edith Ubuntu Chan](#)



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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