

TCM Congress - Workshops

4th Scandinavian TCM Congress

„Chinese Medicine and Spirituality: Cultivation of the Practitioner, the Healer and the Alchemist“



Suzanne Robidoux, China

Protecting the Practitioner: Daily Practices to Stay Energized

Do you feel completely exhausted after a day's work? Do you feel like you can not find a way to resource yourself? Is it taking more time to resource yourself than before? Why can masters in China practice into their 70s and 80s working full days, seeing over 100 patients a day and still feel up for a meeting dinner with officials? Is it the food? the air? I don't think so.... what do they know that we don't....?

Well whether we practice it or not there are very simple adjustments we can do in our Chinese medicine practice and life that can affect not only our personal level of energy but also the quality of life we live. After living in various cities in China for over a decade, Dr. Robidoux has been able to learn some valuable self cultivation methods with some of these precious masters. Some of which, Suzanne has learned through hardship, others she learned through examples, and some were taught to her directly during moments of health crisis. Though the years, Suzanne has learned many ways of various traditions to maintain a strong lineage of what the original practice of Chinese medicine meant for the practitioner before the cultural revolution.

In this course, Suzanne will share some of the buddhist, daoist and ancient secret practices especially relevant for Chinese Medicine practitioners. Time will be given for hands on practice to fully grasp the experience. Come learn some of the necessary tools to maintain and cultivate a healthy life and strong practice that will make a world of difference.