

Follow-up option for students
who could not be present at the Michael Sheas courses in 2024

TOPIC: THE HEART INSIDE THE HEART – APPLIED BIODYNAMICS FOR METABOLIC HEALTH

This course explores the heart inside the heart, where our spiritual essence lives. The four channels of the heart in Taoism will be explored. The first channel of heart meridian follows the axillary, brachial and ulnar arteries. The heart meridian expresses a complete view of the spiritual journey in life. The other three channels go from the heart to the eyes, skin, and viscera especially the small intestine and umbilicus. Three protocols will be taught to access the power of the heart's fire as light in these four channels. Visualization practices based on the Breath of Life from the Bible and Eastern teachings for perceiving the spiritual essence in the heart inside the heart is taught.

The five elements of both the Indo-Tibetan and Taoist traditions will be integrated in practice. Chi Kung meditations will begin each day of class to contemplate the heart inside the heart by Thalbert Allen, Director of the Elemental College of Chi Kung in London. Each of the elements has three levels of awareness, especially the spiritual. Chi Kung is integrated into Biodynamic Cardiovascular Therapy practice for the contemporary client. This course follows the previous two courses on the fire, water, and earth elements.

We hereby offer you a composition from the courses in 2024 to prepare for future courses:

- Recordings
- Flip Charts
- Photos
- Film
- Texts
- Further helpful little somethings about the course content

We are happy to accept orders for this (email to: almut-at-sheaheart.de). The package costs CHF 100.00 and will be charged to your credit card by Michael's office in Florida.

We need the following information for the credit card charge:

- Credit card number
- Valid through
- CVV number on the back side of the card
- Name and address according to the credit card number
- Email address to be informed about the successful charge of the credit card
- Please also inform your bank that there will be a charge from America soon so that the card is not blocked.

Please NEVER send this information together in one email. For safety reasons send the single information via different ways:

- several emails
- parts via Signal messenger
- or via phone
- the contact details will be provided upon request

As soon as the payment has been processed, we will send you the information package. One part will come via email by Almut, another part (WeTransfer download) will come via the email address of Cathy Shea (Michael's wife). The download must be done within 7 days.

We are very much looking forward to seeing you (again) in one of the next courses!

Almut and Michael