

## Newsletter from May 5th, 2020

Dear Folks,

I just completed a wonderful podcast with Ryan Hallford of the Craniosacral podcast on Apple. We had a very lively discussion about biodynamic practice and its future. I discuss increasing our spiritual capacities during this time which includes valid forms of distance healing. This is based on redefining biodynamics as a compassion-based practice. [CLICK HERE](#) to listen to the podcast. [CLICK HERE](#) for the essay I wrote regarding the subject matter of embodied compassion, biodynamic practice and distance healing.

This week and next I will be completing the five remaining videos on compassion meditations to complement the first two series on why meditate and how to meditate. This entire series of 15 videos is available for \$50. [CLICK HERE](#) to order. On June 1 the price will go up to \$100 for the entire set of 15 videos.

This is our time of compassion in which we need to be totally present for ourselves and others and at the same time completely non-attached to an outcome.

Blessings, Michael

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