

Newsletter from May 14th, 2020

Dear Folks,

I wrote another essay this week exploring the spiritual dimensions of our work as it has been handed down to us from Dr. Sutherland's lineage. We are in a time when we don't know what the client's needs and expectations are going to be once we all get back to work. All of us, no doubt, feel a lot of energy about returning to work with excitement and perhaps some anxiety.

This essay, [CLICK HERE](#) to download it, also explores the nature of compassion and how to integrate that into practice. I think it's important that we be able to explore different metaphors, experiences and the urging of our hearts to enter through the portal of this new planetary order. How do we want our practice to look when we get back to it? Can we identify what has changed in ourselves and others to be of help with our biodynamic practice?

As you read my new essay, see what fits for you and what doesn't. I'd love to hear what everyone's thoughts are.

For those of you waiting for the final 5 videos from the Compassion During a Pandemic Meditation Series, they will be done next week.

Blessings, Michael

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