

## Newsletter from May 14th, 2020

Dear Folks,

I just found out a very dear friend of mine died of ALS. Her name was Sally Nealon and she was a long time biodynamic craniosacral therapy practitioner and assistant of mine for many years in London, England. I cried when I received the news. Have you ever met someone with a heart as big as the ocean? Have you ever met someone whose mind was calm like the full moon reflecting on a pond in the summer? Have you ever met someone who served on a teaching team joyfully, clearly and competently? Her care of the students was unsurpassed. Always! This was Sally. Her husband Bryce is a prince among men and with her every step of her journey selflessly and compassionately.

Grieving is something special as it opens a fountain of warmth in the heart and body. It rushes out of the eyes in tears and causes such a reflection on the greatness of the being that Sally was. Our international cranial community has lost a holy one. We must remember everyone who has helped us. This includes our ancestors, our parents, whether we like them or not and all of the teaching assistants in ALL of the classes we have taken. It takes so many people to help others get through a life and Sally helped me every time I was in London, one way or another. She always answered the call and was always there even with Bulletproof coffee and gluten free goodies every day during class.

We are now in the season of death worldwide and let us not forget what it takes to be a human being and how much we need to help each other. Let us all stay focused on our heart and the meaning of compassion. Let us begin to live that with each other. The Dalai Lama says that awareness of death is the greatest awareness we can have in this life.

With Great Love, Michael

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