

Newsletter from September 15th, 2020

Hello everyone,

mango season is now over officially and it's back to virus season. I hope everyone is feeling healthy and safe. More and more we must rely upon finding the stillpoint either internally or externally. It is difficult when we are being asked to socially distance from other people to find the internal stillpoint. In a way, it is like being forced to be inside our own mind and body. But we can relax and simply take a step back and find the inner illumination of our heart as it radiates a rainbow color of white, blue, yellow, red and green. That is my current favorite meditation. I simply visualize a pearlescent white globe inside my heart radiating a luminous bright moon like color for several minutes. Then I do the same with a dark blue followed by a bright yellow, followed by a Tuscan red and finally a forest green. When our mind and body are in a turmoil emotionally or otherwise, we must seek the stillpoint externally in the world of nature. We are literally bound to the world of nature and interconnected with nature at a profound level. My whole biodynamic journey started years ago with simply staring at the horizon wherever I could see it and allowing primary respiration to move the stillpoint of the horizon towards me and away from me rhythmically.

I will be teaching a four-part webinar on the Deep Fluid Body and Immune System in November. Each segment will be from 19:00 to 20:30 (Berlin time) for a total of 6 hours.

The topics include:

- 1: What Sutherland taught and practiced, on 02.11.2020
- 2: Treating the bone marrow biodynamically, on 09.11.2020
- 3: Treating the Intestines, in which 80% of the immune system is located, on 23.11.2020
- 4: The skull and the thoracic duct from a new perspective, on 30.11.2020

I will build a bridge in the Fluid Body from the cardiovascular system to the lymphatic system, with the bone marrow work being the deepest current of the Fluid Body. And all this with new guided meditations. The hand positions shown for the most part will be live with my wife Cathy as the model.

This four-part webinar can only be booked as a whole for a price of 180 €. The language is English with translation into German by Almut Althaus.

In addition, the webinars are recorded and available for participants to watch later. Please put the dates in your calendar now and next week I will send out a link to register. In the meantime, click [here](#) for an overview of the four-part series based on a webinar I did with Almut several weeks ago during a tropical rain squall!

Sending you much love, Michael

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