

Newsletter from October 20, 2020

Hello everyone,

we are now in the age of uncertainty and the mind of not knowing. At first, these inner experiences we have of our life and our world seem difficult or challenging. We are watching a world change in front of our eyes and all of our senses and that means the life of our own body and mind are changing. We all know this and have spent many hours learning how to be comfortable in those states and especially teaching other people how to settle and become more stable. Our work is still the work of the stillpoint for sure. That is where we rest our attention internally and externally in the world of nature. Uncertainty and not knowing develop the ability to bear witness to life experience. We acknowledge our own pain and suffering that we share with everyone else. Then there is the difficult part to be non-attached but completely present for our self and others. This is the essence of self-compassion.

We have also just entered the age of the immune system. I will be teaching a four-part webinar series in November for the German speaking audience. I will specifically be using the biodynamic metaphor of the fluid body to examine the three generations of blood and lymph development in the embryo. For a graphic of those three generations of embryonic development, click [here](#). This will serve as the basis for the unfolding of four interrelated hands-on protocols bridging the cardiovascular and lymphatic systems in order to enhance the function and health of the human immune system.

This four-part webinar is available as package and will be taught in English with German translation by Almut Althaus. The webinars will be recorded and available on your personal account, so you may watch them independently from the actual webinar date. To purchase the webinars or the video recordings please register with your personal email address [here](#).

I look forward to seeing all of you on zoom soon.

Love, Michael

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