

## Newsletter from February 9<sup>th</sup>, 2022

Hi everyone

Greetings from South Florida. I am able to get to the beach almost every day this winter for the sun and the heat. The mangos are starting to grow. They are the size of green peas right now.

I had to make a decision that my wife Cathy and I will not be coming to Europe in this spring 2022. There are many reasons for this and most importantly I have an opportunity to do some therapy work around PTSD (from the terrorist bombing in Frankfurt in the early 70s) every week until early May. Already I am feeling the benefits. Still, I hope I will see many of you in the fall.

I am also redesigning the biodynamic courses because of all the metabolic problems with the contemporary client. The new course is called "The Rules of the Vascular Tree - Applied Biodynamics for Metabolic Health". This course will be a combination of Primary Respiration and Stillness, the Five Elements of the Indo-Tibetan System and the energetics of specific acupuncture points that correlate to arteries. Three short protocols will be taught. Each protocol is to balance the elements, tune in to the spiritual dimension of Primary Respiration and harmonize the metabolism of the body. This includes igniting the anti-inflammatory capability of the vagus nerve.

These protocols are helpful for those experiencing side-effects of covid or vaccination. They are also for treating metabolic syndrome, the primary underlying cause of illness associated with the virus.

[Here](#) you find a short essay from my new book coming out in fall on the Biodynamics of the Immune System.

We will now work on our new website for update and flyers and keep you informed.

Please note our new website and email address: [www.sheaheart.de](http://www.sheaheart.de) and [almut@sheaheart.de](mailto:almut@sheaheart.de).

Much love from Michael and Almut

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