

BIODYNAMIC CARDIOVASCULAR THERAPY

THE COSMOS – HARMONY WITH OUR ORIGINS

AN ADVANCED TRAINING SERIES WITH MICHAEL J. SHEA, PHD

Biodynamic practice is *harmony with our origins*. Harmony is ignited by the perception of the wind element of Primary Respiration (PR) and the space element of Dynamic Stillness. The fire, water, and earth elements will be detailed with their fulcrums, palpation and perception. Many of our clients are metabolically unhealthy with weakened immune systems. To hold them biodynamically we will go beyond embryology to the broader field of Eastern and Biblical cosmology, of how the universe began and will end. This includes learning extrasensory perception called shamanism. Safety will be the most important learning throughout each class. Student discussion regarding safety needs is based on Michael Shea's Multivagal Model.

The origin of the universe will be taught through the cosmology of Dr. Sutherland and the Breath of Life, Tibetan Medicine, Classical Chinese Medicine and detailed visualizations. The hands-on portion of class will focus first on the relationship of the cardiovascular system to the subtle body as detailed in Eastern traditions and secondly the fluid body, which represents the origin in our body of an inner metabolic universe, especially the blood and immune system. We will learn how to place our perception including our vision to see the center of universe as it exists in the vascular tree inside our client.

Specific acupuncture points that access the channels of the subtle body will be presented. Students will learn a perceptual process that involves the embodiment of the origin story of the universe, the human embryo and life as we know it. These classes help the post Covid client and support the immune systems of all clients.

The courses are designed for biodynamic therapists who have graduated from a biodynamic foundation training, studied the cardiovascular model, or have a clinical practice in biodynamic cardiovascular therapy. Students without prior training in biodynamic cardiovascular therapy but who are licensed manual therapists will need to take an introductory cardiovascular course from a teacher who studied with Michael prior to acceptance in a course.

Each class day starts with a meditation and lecture followed by a practical exercise or anatomy presentation. Each afternoon is full of table work.

Course descriptions are subject to change when taught. Upon completion of each course, students receive detailed information about each course. Michael Shea reserves the right to adapt the instruction based on new scientific research. Please refer to the "Terms and Conditions" document on our [website](#). There you will also find further organizational information as well as Audio and Video material to prepare yourself. The same course will be repeated four times in 2024.

THE HEART INSIDE THE HEART

Applied Biodynamics for Metabolic Health

May 23rd – 26th, 2024, Badenweiler, D
September 12th – 15th, 2024, Badenweiler, D
September 19th – 22nd, 2024, Badenweiler, D
November 7th – 10th, 2024, Haus Ebersberg, D

Short description:

This course explores the heart inside the heart, where our spiritual essence lives. The four channels of the heart in Taoism will be explored. The first channel of heart meridian follows the axillary, brachial and ulnar arteries. The heart meridian expresses a complete view of the spiritual journey in life. The other three channels go from the heart to the eyes, skin, and viscera especially the small intestine and umbilicus. Three protocols will be taught to access the power of the heart's fire as light in these four channels. Visualization practices based on the Breath of Life from the Bible and Eastern teachings for perceiving the spiritual essence in the heart inside the heart is taught.

The five elements of both the Indo-Tibetan and Taoist traditions will be integrated in practice. Chi Kung meditations will begin each day of class to contemplate the heart inside the heart by Thalbert Allen, Director of the Elemental College of Chi Kung in London. Each of the elements has three levels of awareness, especially the spiritual. Chi Kung is integrated into Biodynamic Cardiovascular Therapy practice for the contemporary client. This course follows the previous two courses on the fire, water, and earth elements.

Learning outcomes:

Students learn to treat the heart metabolism of the body in the contemporary client. In addition, visualization practices will be taught to support a view of healing based on cosmology and embryology. A review of the five elements in the Indo-Tibetan and Sino-Tibetan medical systems is given.

Day 1:

Ignition of the spiritual heart via the umbilicus, and heart meridian.

We begin with the interface between the fluid body and the vascular tree. Distinctions will be made between the four channels of the heart meridian. We palpate the axillary, brachial and ulnar arteries of the primary channel of the heart meridian.

Day 2:

The celiac trunk, stomach and superior mesenteric artery are responsible for building the blood.

We explore the left ventricle of the heart to integrate grief and sorrow on the spiritual journey. We deepen into the primary channel of the heart meridian in the arm and hands.

Day 3:

The vascular tree trunk and stomach.

We explore the neck, face and eyes for direct perception of the spiritual journey of the heart.

COSTS AND COURSE ORGANIZATION 2024

Please read our „Terms and Conditions“-document on our website www.sheaheart.de carefully. With your signature on your registration form you agree to all conditions stated.

Course Organization

The courses are organized by
Almut Althaus
Fohlenäckerweg 33, D-34130 Kassel
Tel.: +49 (0) 561 9885 0355
almut@sheaheart.de

For any further questions please contact Almut.

Course Costs

The tuition for each course is: **EUR/CHF 730,00**
This includes the class recordings sent after class via WeTransfer for download (the Chi Kung classes are not recorded).

Food and Lodging Badenweiler, D

For the classes in Badenweiler you will have to organize your own food and lodging. Here are some of the possible hotels, and there might also be apartments to rent.

Hotel Balance, www.blauenwald.de
Hotel Ritter, www.hotelritter.de
Hotel Post, www.privathotel-post.de
Hotel Fini-Resort: www.fini-resort-badenweiler.de

Food and Lodging Haus Ebersberg, D

The class at the seminar house Ebersberg is all inclusive. It is located in a very little village with no other lodging possibilities.

Single room: EUR 324,00 (3 x full pension)
Double room: EUR 294,00 (3 x full pension)
(please indicate a room partner)
Special food wishes: EUR 8,00 per day

If you wish to add a night please reserve directly at the reception: info@haus-ebersberg.de

Payment

Your payment can either be done via credit card (it will be collected 30 days prior to each course from Michael Shea's office in Florida) or you can pay in cash at the beginning of class. Please indicate on the registration form your preferred means of payment.

You will be charged the full tuition fee for a no-show or cancellation within 30 days of the course if no one from the waiting list can take over your class space. We cannot assume any liability to refund the lodging reservations you make.

All tuition will be refunded if the class is cancelled prior to its beginning by Michael. Consider purchasing cancellation insurance.

Class Times and total Hours

Th	11am-1pm	3pm-7pm
Fr	9am-1pm	3pm-6pm
Sa	9am-1pm	3pm-6pm
Su	9am-1pm	

The total teaching hours are 24.

In addition, there will be 2 hours of Chi Kung.

The course time will start on Thursday at 11am and end after class around 1pm on Sunday.

Number of Participants

We work with 28 participants, 6-7 assistants, 1 translator, Michael and Almut.

Address for the Lecture room in Badenweiler

Schlosspark Saal, Friedrichstraße 5, 79410 Badenweiler, (back entrance), please indicate Parkplatz WEST

Address Haus Ebersberg

Ebersbergstraße 27, 34596 Bad Zwesten

Course Preparations/Prerequisites:

This new course is based on earlier classes on the five elements (webinar Biostillness, classes autumn 2022 and spring 2023). If you have missed any of the classes we have prepared packages of the live classes and the webinar is still available at www.biostillness.com. This might help you in your preparation for the new class. Students who have not attended any of the classes nor the webinar need to choose at least one of the possibilities for their preparation. The packages can be ordered from Almut (almut@sheaheart.de).

Websites

Michael Shea
www.sheaheart.de
Almut Althaus
www.praxis-althaus.de
Haus Ebersberg
www.haus-ebersberg.de