

## Newsletter from August 13<sup>th</sup>, 2024

Dear Cranio folks,

Finally, there is summer in Europe where we are in preps for the next classes with Michael Shea. Michael will come over to Europe beginning of September. There are 2 classes with the topic of [Spiritual Heart Ignition](#) in Badenweiler. It is the same class as we have had in Badenweiler end of May this year. It was a big pleasure to come back to Badenweiler and the class was wonderful.

These classes are about igniting the heart of compassion. Chi Kung practice is included to work with the Chi in the heart meridian. Michael's Chi Kung teacher Thalbert Alan will teach the Chi Kung. Michael will also be teaching heart meditations. There are five protocols exploring the heart. We learn how to hold the client's heart with our hands after the client has experienced loss and grief. Many of our clients continue to experience loss and the heart must absorb it. These protocols are helpful for gaining balance after loss. We learn to find our heart and heal our heart.

For any late deciders we have one more place in the second of these classes ([19.-22.09.2024](#)) please contact the organizer [Almut](#) here. These classes are in English with German translation.

Then, Michael will go to Italy and give a class organized by the Italian Cranio association. This course in Italy is about the fire element that Michael taught in Switzerland last year. It is the beginning of learning visualization practices to heal the body. Dr. Sutherland called this the Breath of Life. The heart ignition courses this fall include important visualizations connected to Primary Respiration and dynamic stillness. It is taught in English and only translated in Italian. It will be taught at a resort in Tuscany south of Pisa.

A fourth class on [Spiritual Heart Ignition](#) will be given in Haus Ebersberg near Kassel, Germany in November. Here there are also 2 more spaces open. Please contact [Almut](#) if you wish to participate.

Please find the information on the classes in Germany [here](#), and the class in Italy [here](#).

In January 2025 there will be another webinar organized by Biostillness with Michael. We will let you know more about the details in a later Newsletter and also on our Website here.

Michael is working hard on creating next year's class topic which will be "Ignition in Living and Dying". The course description will be available on our website ([Courses in 2025](#)).

Love, Almut and Michael

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