

Newsletter from December 1st, 2024

Dear Cranio folks,

This year went quickly and we had four wonderful classes with Michael Shea in Germany. Please check the many feedbacks we posted on our [website](#). We are grateful to Thalbert Alan teaching his unique Chi Kung in this year's courses. He will not be teaching in 2025, Michael will teach alone again next year.

We have finalized the planning for next year's course. The topic is [Ignition in Life and Death](#). You can find the flyer, registration form and policies [here](#). We have started to collect registrations now.

The new course in 2025 is the completion of a [series](#) of four classes based on developing the aptitude of visualizing color for healing the metabolism of the body. It is the Breath of Life that heals. Seeing and visualizing the light of the Breath of Life radiating from the heart is the deepest level of Health. In this new course we will explore the ignition of light, Primary Respiration and stillness in each of the four stages of life. There will be a separate protocol for conception, heart, birth and death.

This course is a deep spiritual exploration of embodied life from a biodynamic perspective. Michael wrote a new text about death and dying to review called [Turning Inward](#). Please read it before attending the course. In addition, he wrote a new text for a heart meditation we will also practice called the [Rainbow Heart Meditation](#).

We look forward to seeing everyone next year.

Love, Almut and Michael

Michael J. Shea, Ph.D.
Shea Educational Group, Inc.
13878 Oleander Avenue
Juno Beach, FL 33408

Phone Number: 561-775-9912
Website: www.sheaheart.com
Website: www.sheaheart.de