

BIODYNAMIC CARDIOVASCULAR THERAPY

The Breath of Life – The Spiritual Light in the Heart

AN ADVANCED TRAINING SERIES WITH MICHAEL J. SHEA, PHD

Dr. Sutherland saw the light of perfect Health in the client's body. He called it the Breath of Life. In this series of four advanced biodynamic classes, we learn to visualize the Breath of Life as light and color radiating from the heart and third ventricle of the brain. This is a spiritual light from the origin of the universe located inside of us. Meditation and visualization skills are taught from the perspectives of Tibetan Medicine, Taoism, and the Bible. This makes biodynamic practice more effective in Igniting the potency for self-healing in the metabolism of the client's body. This is the Health. Students learn to Ignite the Health in all stages of life and palpate its potency.

The body is viewed from the perspective of Eastern medicine, consisting of a physical form, subtle and very subtle forms associated with the clear light of the Breath of Life. The five Indo-Tibetan elements will be taught through a series of protocols and their connection to the light of perfection, the Breath of Life that lives in the heart and circulates in the blood. The same elements that make the body make the whole universe. The Breath of Life unites the inside universe of the body with the outside universe.

The vascular tree will be viewed spiritually as the Tree of Life from the book of Genesis. Palpation skills are based on the embryological development of the cardiovascular system. A so-called *fifth chamber* of the heart is taught. It is the embodied residence of the spiritual essence of all major faith traditions. Direct access to the sacred is everyone's conception right and the essence of biodynamic practice.

Visualizing the Breath of Life as light and color is necessary to help the contemporary client find their spiritual center. Visualizing the Breath of Life functions together with the perception of Primary Respiration and dynamic stillness. This makes biodynamic practice more vibrant and potent for healing suffering. Biodynamic cardiovascular therapy is a contemplative practice of harmonizing the inner world of perception with the outer world based on wisdom and compassion.

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 texts, interviews, audio and video material to prepare yourself. The same course will be repeated three times in 2025.

IGNITION IN LIFE AND DEATH

Applied Biodynamics for Metabolic Health

October 2nd – 5th, 2025, Badenweiler, D
October 9th – 12th, 2025, Badenweiler, D
November 6th – 9th, 2025, Haus Ebersberg, D

Short description:

We are conceived in light, and we die in the light of the Breath of Life according to new research. We learn the continuity of the four Ignition processes in biodynamic practice: conception, heart, birth, and death with their related metabolic fields. We deepen our biodynamic practice with the embryonic metabolic fields of Primary Respiration in the blood, stillness as the Void and visualization to focus on the subtle gut-heart-brain. We will contact the potency of the metabolic fields of Ignition as a single lifelong continuum. We learn the five phases of ignition in life and death as a single metabolic process: spark, renewal, permeation, stillpoint and the Breath of Life. We explore Dr. Sutherland's perception of the Breath of Life as a spiritual experience for self-healing.

We learn four protocols:

1. Conception Ignition: The embryonic development of the gut-brain.
2. Heart Ignition: The embryology of the blood and the four chambered heart, the fifth chamber of the heart will be explored as the gate to life and death.
3. Birth Ignition: The neonatal development of microcirculation and breathing.
4. Death Ignition: How the elements dissolve in the body while dying.

Learning outcomes:

- Specific protocols are taught for the life and death Ignitions.
- The heart, breathing, third ventricle of the brain, and the Breath of Life are explored.
- Palpation of the embryonic metabolic fields are taught as they function in each Ignition.
- Biodynamic practice integrates with the natural world.

COSTS AND COURSE ORGANIZATION 2025

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 730,00**, or the same amount in CHF regardless of the exchange rate at that time.

This includes the class recordings sent after class via WeTransfer for download.

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 354,00 (3 x full pension)

Double room: EUR 324,00 (3 x full pension)
(please indicate a room partner)

Single room no bathroom: EUR 309,00 (3 x full pension)

Special food wishes: EUR 8,00 per day

If you wish to add a night please contact Almut for reservation.

Payment

We will send you detailed information on the possibilities for your payment (cash, CC or transfer) latest 1 month before the course starts.

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-6:30pm
Sa	9am-1pm	3pm-6:30pm
Su	9am-1pm	

The total teaching hours are 26.

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

Number of Participants

We work with 28-32 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
www.haus-ebersberg.de

Course Preparations/Prerequisites:

This new course is based on earlier classes on the five elements (webinars Biostillness, classes 2022, 2023 and 2024). 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 helps you in your preparation for the new class. Students who have not attended any of the classes nor the webinar should choose at least one of the possibilities for their preparation and have a phone call with the organizer for further advises. The packages can be ordered from Almut (almut@sheaheart.de)

Websites

Michael Shea

www.sheaheart.de

Almut Althaus

www.praxis-althaus.de