

Follow-up option for students
who could not be present at the Michael Sheas courses in 2025

TOPIC: IGNITION IN LIFE AND DEATH – APPLIED BIODYNAMICS FOR METABOLIC HEALTH

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 hereby offer you a composition from the courses in 2025 to prepare for future courses:

- Recordings
- Flip Charts
- Photos
- Films
- Texts
- Further helpful little somethings about the course content

We are happy to accept orders for this (email to: almut-at-sheaheart.de). The package costs CHF 100,00 and will be charged to your credit card by Michael's office in Florida.

We need the following information for the credit card charge:

- Credit card number
- Valid through
- CVV number on the back side of the card
- Name and address according to the credit card number
- Email address to be informed about the successful charge of the credit card
- Please also inform your bank that there will be a charge from America soon so that the card is not blocked.

Please NEVER send this information together in one email. For safety reasons send the single information via different ways:

- several emails
- parts via Signal messenger
- or via phone
- the contact details will be provided upon request

As soon as the payment has been processed, we will send you the information package. One part will come via email by Almut, another part (WeTransfer download) will come via the email address of Cathy Shea (Michael's wife). The download must be done within 7 days.

We are very much looking forward to seeing you (again) in one of the next courses!

Almut and Michael