

## Newsletter from March 12<sup>th</sup>, 2026

Dear Cranio Community,

We hope you all started this new year with joy and curiosity for LIFE. Here in the middle of Germany light starts the day earlier and the joy of springtime advances, birds start singing their springtime songs. In Florida, Michael's mango trees have the most blossoms he ever had. There will be a lot of fruit this summer.

Michael and I are working intensely on the [new classes of 2026](#). The classes are nearly full. If you are interested in joining any of the three classes please send me a [short message](#) and we will see if there is still an open space for you. The registration form and other details you can find [here](#).

And we have some other good news for you: There will be a **fourth class** this year with Michael AND Cathy Shea. Michael and his wife Cathy are offering a course together at Dr Rau's clinic, the Hotel Sonnenberg in Schwellbrunn, Switzerland. The dates are November 5–8, 2026. This course is about neurovascular palpation of the abdomen. Different styles of touch, both cranial and functional, are taught. We explore the autonomic nervous, enteric, and cardiovascular systems. This includes related interconnected structures innervated by the Vagus nerve. The focus is on improving metabolism. Cathy is an international expert on the gut microbiome which will be a focus in the class. So, this class is open to a wide variety of manual therapists including us Cranial folks!

Our website [www.sheaheart.de](http://www.sheaheart.de) is refreshed as we had to redo the whole because we got "malware" into the system. This took some time but also gave us the possibility to tidy up a bit. You can find [audios](#), [videos](#) and [interviews](#) (old and very new ones) as well as [various texts](#).

Michael gave quite some new interviews we have posted on our website (see above). They are about the books he has written on the heart and immune system but especially about the nature of spiritual practice in the time we live. We have the inner power to transform all appearance into wisdom and to completely transform our perception into compassion. This is our focus and necessity for life.

Michael is very deeply into writing his new book about Embryology which will be part of this year's classes in Fall. For everyone interested in attending class this year, please read the homework instructions about visualizing the five colors. The [homework](#) involves finding the five colors in nature and on the streets with brightly painted cars. The intention is to make visualization easy and therapeutic. At the same time, it must be fun. Spiritual practice is a creative practice and a form of art that each of us performs individually. We will gather this fall and practice our Art together.

Much love to all of you and we look forward to seeing you in 2026.

Blessings, Almut and Michael

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