

## Newsletter from April 15<sup>th</sup>, 2026

Dear Cranio Community

We have a great spring with many mango blossoms. So, there will be a lot of fruit this summer. Our suitcases might be full of mangoes when we come to Europe at the end of August. Almut and I are working on combining all of our work including the newsletters and website as you'll see. This will make it much easier for everyone.

We would like to inform you about 2 new interviews Michael did recently. You can find both together with some older ones on our website [here](#). One is a meditation on the colors of the rainbow body [color](#). This is the meditation practice that Michael is teaching especially in his courses coming up this fall in Germany and Switzerland. This meditation and discussion is 45 minutes long. The second interview is on the [Vagus Nerve](#). Enjoy listening to what Michael has to say.

Shortly our combined website will be available both in German and English. We are working on this now. You will reach it in both languages via [www.sheaheart.com](http://www.sheaheart.com) and [www.sheaheart.de](http://www.sheaheart.de). We will inform you when we are done with this work.

In fall 2026, Michael will be in Europe again giving 3 classes in Germany (you can find all info [here](#)) as well as one class in Switzerland at the tail end. [Here](#) is a short video where Michael AND Cathy Shea talk about this special class they will perform together.

Michael is quite busy writing a new book called Biodynamic Embryology, Morphology, Mythology, and Clinical Practice. This is the essence of what he will be teaching this fall, and many wonderful people have contributed to the book bringing Embryology as a living reality into our body right now and into our hands when we are in contact with the client. It's important to remain focused on the healing light that lives in our heart.

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

Blessings, Almut and Michael

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