

Newsletter from July 1st, 2026

Dear Cranio community

Here is something, Michael Shea wants to share with you: A Spiritual Pilgrimage

"I just returned from a spiritual pilgrimage. I buried my sister with the help of my two brothers at the Shea family cemetery in the Adirondack mountains of New York State. A spiritual pilgrimage is meant to take you through a door, a portal for spiritual maturation and deeper knowing and awareness of the vast beginning less and endless nature that is our universe. On April 10, 2025 I got a phone call that my sister died. She said: "Michael, your sister is dead." So began the next phase of the pilgrimage because as a family member the pilgrimage began when I was born and when my sister was born.

Sheila ignited my entire career in the manual therapeutic arts. As many of you know when I got out of the military, I had serious emotional problems and was incapable of working or being employed. So, my sister took me in as she was living in a raw food commune in New York City. She taught me my first massage routine so that I could earn money and taught me the naturopathic tradition Ann Wigmore and the Raw Food diet for healing cancer and in my case healing my obesity because I was 100 pounds overweight.

Last April, my sister's body was lying on the bathroom floor for three days and after she was found by the police, her home had to be cleaned and fumigated from the smell. My younger brother and I then undertook the next phase of the pilgrimage to clean out her house last May after the fumigation. All of the pictures of my family, my parents and siblings ended up being put into the garbage dump because there was no more room in our homes for those memories. She was cremated and it was my job to hold onto her ashes, bring them to my home in South Florida until we could get together and fulfill her wishes of being buried next to my father which we just completed. I was sick for two months with a respiratory infection from the chemicals in her home. A spiritual pilgrimage requires a hardship, and this was one of several.

I held the ashes for over a year and created a shrine as she was fond of Green Tara. Almost every day I got to speak to my sister and thank her. I delivered an eulogy for my sister at the Catholic funeral mass this past week. She wanted to be buried next to my father. I read a short piece from a book by John O'Donoghue called *Anam Cara* (Gaelic for *soul friend*). "It is far more creative to work with the idea of mindfulness rather than with the idea of will. Too often people try to change their lives by using the will as a kind of hammer to beat their life into proper shape. The intellect identifies the goal of the program, and the will accordingly forces the life into that shape. This way of approaching the sacredness of one's own presence is externalist and violent. It brings you falsely outside yourself, and you can spend years lost in the wilderness of your own mechanical, spiritual programs. You can perish in a famine of your own making." My sister lived with mindfulness of her own inner soul. And at the end of the eulogy I said, "in the words of Frank Sinatra, she did her life her way." Each of us needs to do our life our way for spiritual transfiguration. Our heart knows our destiny.

My grief has been profound and allowed me to go to a spiritual depth I didn't know was possible. Grief is about letting go and deepening into love. Before I left to bury my sister my wife and I put all of our love letters and cards for the past 40 years into the garbage. For either one of us to go through that box of love letters after one of us died would be intolerable grief. We decided that love is now in this moment and there are many memories

that cannot be so easily placed into the trash. More than anything I learned to bear sorrow. That is part of the aging process especially in our world of health and healing. This means we need to grow our heart to fill the universe. I am home feeling empty and fulfilled at the same time.

In the middle of this spiritual pilgrimage, I contracted and wrote a book on Biodynamic Embryology, Morphology, Mythology, and Clinical Practice. Contemplating my own embryo, my own gestation with my mom into this universe was an incredible discipline in the midst of burying my sister. The book was finished the day before I flew up to upstate New York to put her into the ground. It's all a blessing and I can't wait to read my book which will be out in the fall of 2027. I will let everyone know. I did a [podcast](#) with my publisher Richard Grossinger about Embryology in general since he has written several books on the subject. I was also able to reprint three of his previous chapters and include them in my current book. How fortunate we are to be embodied as perpetual embryos."

Thank you, Michael, for sharing this deep insight with all of us.

Here in Germany, I am deeply into organizing his next class this fall of 2026. The classes in Badenweiler on "The Potency of the Heart from Conception to Death" are both full, but we are taking in people on the waiting lists. The class in Haus Ebersberg with the same topic has a few spaces left. You are welcome to register [here](#).

And finally, there are still spaces left for the class with both, Michael and his wife Cathy, they are doing in Switzerland November 5-8, 2026 with the topic "NeuroVascular Abdominal Palpation for Manual Therapists". They will be teaching neurovascular abdominal palpation focusing on the relationship of the vagus nerve and the abdominal arteries. You are welcome to register [here](#).

Here are some more interesting news: We have fixed our website www.sheaheart.de now into a double language site. Please click the flag for Germany to get to the German text, and vice versa. From the American site www.sheaheart.com you can find your way to the German site as well, but there will be more work and changes soon.

If you need any more information about the classes Michael teaches in Europe please contact me, Almut: almut@sheaheart.de

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

Blessings, Almut and Michael

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