

Newsletter from August 14th, 2026

Dear Cranio community

I want to let everyone know that I will be speaking at the Cranio Research Conference on October 9 this fall at the University of Antwerp, Belgium. The title of the conference is **“Cranio and the Six Senses, Scientific and Clinical Perspectives”**. There are some wonderful speakers, and my talk is called **“The 7th Sense, Integrating Interoceptive Awareness with Biodynamic Practice”**. [Here](#) is a link to register for the conference and see who else is presenting.

In addition, I am making this the year of the embryo since my book **“Biodynamic Embryology, Morphology, Mythology, and Clinical Practice”** is now scheduled for release next year. Between now and then I will be posting different articles, movies and unused chapters from the book on my Substack account. So, click [here](#) to register for my Substack and keep up to date with all the Embryology news that I will be offering this next year. The point of studying Embryology is to develop our imagination of what our body was and what it is now. And what our body can become by understanding change process emotionally, physically, and mentally but also what I'm calling biocosmology. Our embryonic imagination must now include a sense of the cosmos and how are cardiovascular system keeps growing and expanding as if being pulled out to the edge of the universe, if there is such an edge. Help me explore embodiment with imagination and the visualization of healing colors in my classes and in my writing.

Michael is presenting 3 classes this fall (October 1-4, and October 8-11, as well as October 29-November 1, 2026) about **“The Potency of the Heart from Conception to Death”** in Germany – please check [here](#) on our website www.sheaheart.de. We do have very few spaces left. Please make contact with me, Almut Althaus, the course organizer and register [here](#).

Michael and his wife Cathy will give a class together at the end of their trip to Europe in Switzerland with the topic: **“NeuroVascular Abdominal Palpation for Manual Therapists”**. The dates are from November 5-8, 2026 – check [here](#). They will be teaching neurovascular abdominal palpation focusing on the relationship of the Vagus nerve and the abdominal arteries. This class is open for all manual therapists. You are welcome to register [here](#).

Please check our websites: www.sheaheart.de and www.sheaheart.com for additions and new layout. We have put in quite some energy to enhance those. There is also planned a new part called “Academy” with online learning possibilities. We will keep you updated!

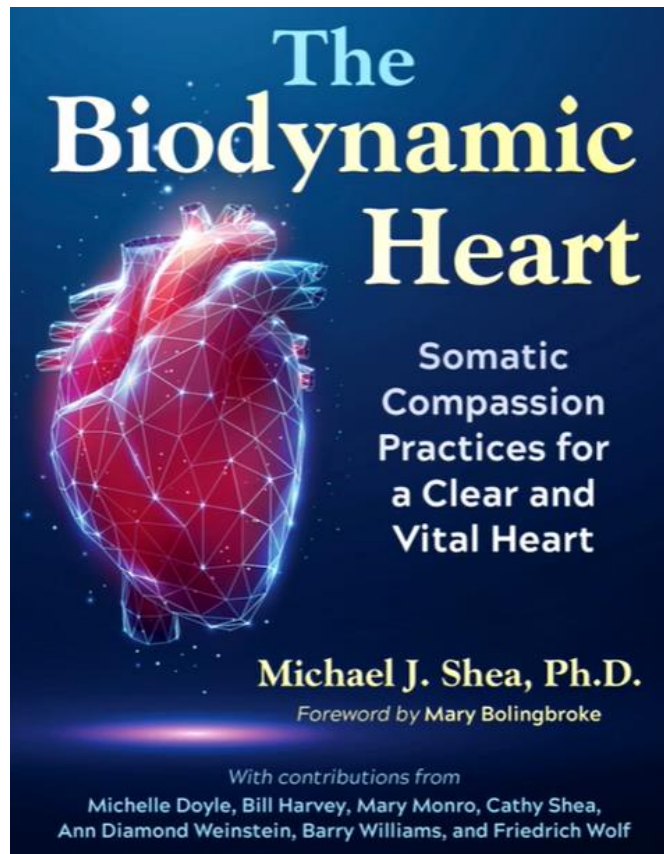
If you need any more information about the classes Michael teaches in Europe please make contact: almut@sheaheart.de

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

Blessings, Almut and Michael

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