

Newsletter from September 24th, 2026

Dear Cranio community

Hi everyone, I am just finishing a glorious monthlong holiday in Portugal. Switching from the best mangoes in the world this past summer, I'm eating some of the best seafood I've ever had in my life.

We are by the ocean and enjoying the distant view of the horizon. That's the start of relating with **Primary Respiration** according to Jim Jealous. We simply feel the flow of the tidal wind moving between the third ventricle of our brain and the horizon. Some say PR originates at the horizon. Some say it originates in the third ventricle and heart. And others say there is no origin. This is the actual cycle of dynamic practice in every session. Outside, inside, and together.

This past summer I did an interview with a friend of mine, Rick Rosen, the former owner and director of the Body Therapy Institute outside of Raleigh, North Carolina. Rick started a **Substack** on the topic of "**overstim**" which obviously means overstimulation. He's an excellent writer and his posts are very well done and meaningful to our contemporary lifestyle. Click [here](#) for the interview he did with me last July about overstim. We are planning to do more.

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 just have one place left in the very first class as someone had to cancel. In the class in Haus Ebersberg (class 3) we have some more free spaces. You can 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. Michael will be teaching the importance of interceptive awareness of the abdomen. This is his topic at the Cranial research conference in Antwerp Belgium on October 9. Students will learn direct access to the endocrine system. This class is open for all manual therapists. You are welcome to register [here](#).

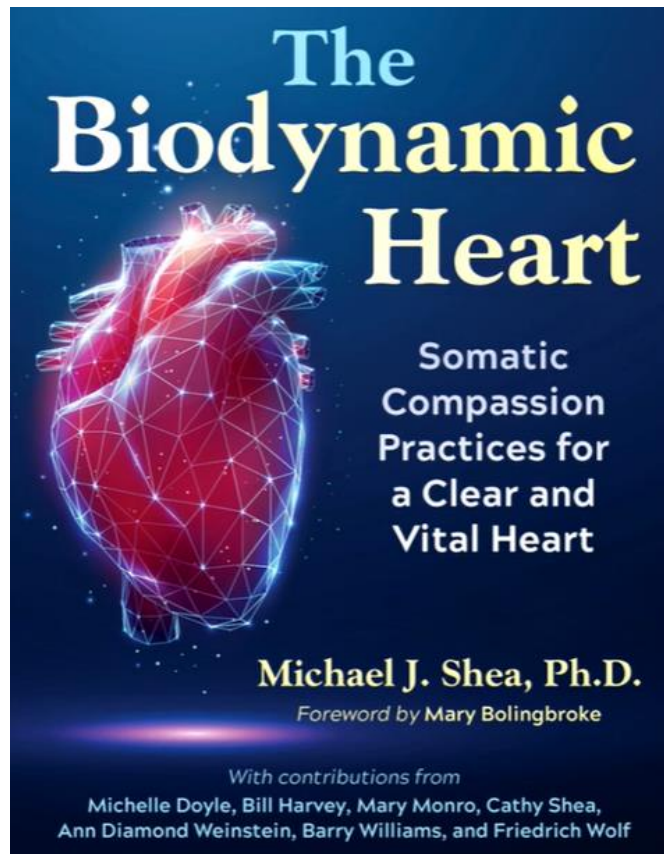
If you need any more information about the classes Michael teaches in Europe please make contact: almut@sheaheart.de

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

Blessings, Almut and Michael

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