

Follow-up option for students
who could not be present at the Michael Sheas courses in 2024

TOPIC: THE HEART INSIDE THE HEART – APPLIED BIODYNAMICS FOR METABOLIC HEALTH

This course explores the heart inside the heart, where our spiritual essence lives. The four channels of the heart in Taoism will be explored. The first channel of heart meridian follows the axillary, brachial and ulnar arteries. The heart meridian expresses a complete view of the spiritual journey in life. The other three channels go from the heart to the eyes, skin, and viscera especially the small intestine and umbilicus. Three protocols will be taught to access the power of the heart's fire as light in these four channels. Visualization practices based on the Breath of Life from the Bible and Eastern teachings for perceiving the spiritual essence in the heart inside the heart is taught.

The five elements of both the Indo-Tibetan and Taoist traditions will be integrated in practice. Chi Kung meditations will begin each day of class to contemplate the heart inside the heart by Thalbert Allen, Director of the Elemental College of Chi Kung in London. Each of the elements has three levels of awareness, especially the spiritual. Chi Kung is integrated into Biodynamic Cardiovascular Therapy practice for the contemporary client. This course follows the previous two courses on the fire, water, and earth elements.

We hereby offer you a composition from the courses in 2024 to prepare for future courses:

- Recordings
- Flip Charts
- Photos
- Film
- Texts
- Further helpful little somethings about the course content

We are happy to accept orders for this (email to: almut-at-sheaheart.de). The package costs CHF 100,00 or EUR 100,00 and has to be paid onto the WISE account from Michael Shea.

Here are the **CHF** account details for SHEA EDUCATIONAL GROUP, INC on Wise:

Name: SHEA EDUCATIONAL GROUP, INC

IBAN: **GB42 TRWI 6084 6475 4373 71**

Swift/BIC: TRWIGB2LXXX

Bank name / address: Wise Payments Limited, Worship Square, 65 Clifton Street,
London, EC2A 4JE, United Kingdom

Address Michael Shea: Oleander Ave, Juno Beach, FL

Here are the **EUR** account details for SHEA EDUCATIONAL GROUP, INC on Wise:

Name: SHEA EDUCATIONAL GROUP, INC

IBAN: **BE22 9058 3134 2547**

Swift/BIC: TRWIBEB1XXX

Bank name / address: Wise, Rue du Trône 100, 3rd floor, Brussels, 1050, Belgium

As soon as the payment has been received, we will send you the information package. One part will come via email by Almut (almut-at-sheaheart.de), another part comes via WeTransfer download (same email address). The download must be done within 7 days.

We are very much looking forward to seeing you (again) in one of the next courses!

Almut and Michael